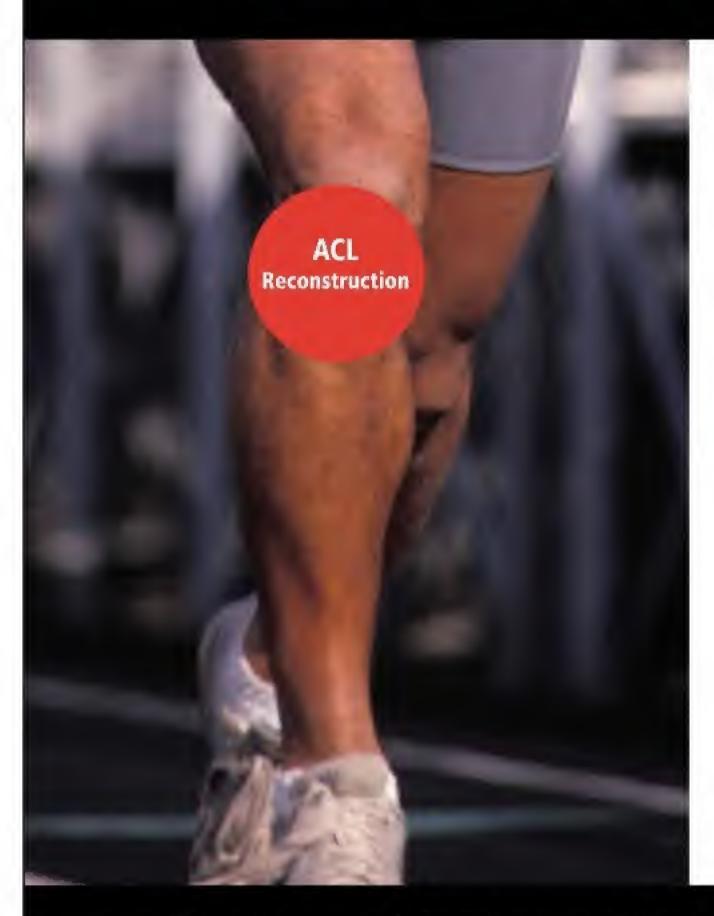


CONVENIENT UPPER WEST SIDE LOCATIONS

Top-Quality Orthopedic Care

Repairing Damage • Rebuilding Bodies • Restoring Motion



When you need expert orthopedic care close to home, turn to **St. Luke's and Roosevelt Hospitals** for treatment of all conditions that can affect your mobility. No matter what your orthopedic condition—from sprains, to torn ligaments, to herniated spinal discs, to severe arthritis requiring hip or knee replacement—St. Luke's and Roosevelt offer fellowship-trained experts in every orthopedic sub-specialty.

- Elbow and Shoulder
- Pediatric Orthopedics
- Foot and Ankle
- Podiatry
- Hand and Wrist
- Rehabilitation
- Joint Replacement
- Spine

Knee

Sports Medicine

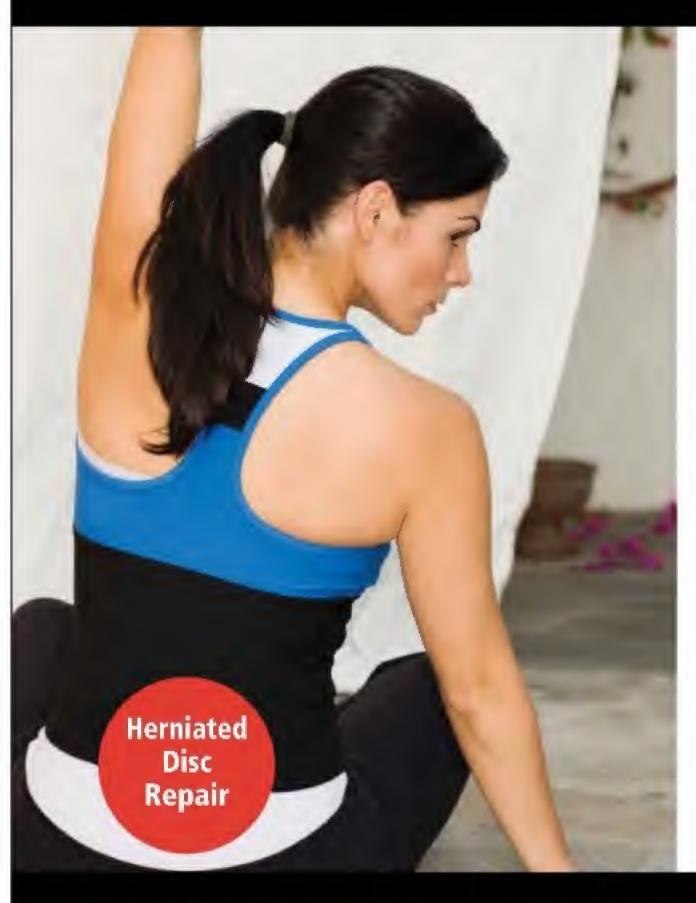
St. Luke's Roosevelt

Continuum Health Partners, Inc.

CONVENIENT UPPER WEST SIDE LOCATIONS

Top-Quality Orthopedic Care

Repairing Damage • Rebuilding Bodies • Restoring Motion



When you need expert orthopedic care close to home, turn to **St. Luke's and Roosevelt Hospitals** for treatment of all conditions that can affect your mobility. No matter what your orthopedic condition—from sprains, to torn ligaments, to herniated spinal discs, to severe arthritis requiring hip or knee replacement—St. Luke's and Roosevelt offer fellowship-trained experts in every orthopedic sub-specialty.

- Elbow and Shoulder
- Pediatric Orthopedics
- Foot and Ankle
- Podiatry
- Hand and Wrist
- Rehabilitation
- Joint Replacement
- Spine

Knee

Sports Medicine

St. Luke's Roosevelt

Continuum Health Partners, Inc.







Pie in the face for Murdoch

Media mogul attacked during parliamentary session Says day was the most

humbling he's had (page 08)

Flick lands DA in hot water

Ex-prosecutor says Manhattan district attorney shouldn't have gotten involved in HBO movie {page 04}



 No appointment needed Experienced Emergency Room Doctor On-Site Open 365 Days A Year Servicing Children & Adults Most Insurance Gladly Accepted

 Walk-Ins Welcome COME IN FOR A FIRST AID KIT! CityMD... your health is important AND so is your time CityMD Contact Info

Weekdays 8am-10pm • Weekends 9am-9pm

(212) 772-DOCS (3627)

WWW.CITYMD.NET

336 East 86th Street (Btwn 1st and 2nd Avenues) NY, NY 10028



In the news Woman wins \$125K in cop suit

A Philadelphia woman won a \$125,000 settlement from the NYPD on Monday. Jaime Rutkowski, 30, who is diabetic, was arrested for smoking pot in October, but filed a lawsuit against the NYPD after she said that cops did not let her check her insulin level. 😮 METRO/AB

www.metre.us

ONLINE TODAY

WWW.METRO.US/

'FLIPPING OUT' STARS TALK NEW SEASON

WWW.METRO.US/ MIXTAPE

2000 (2000 (100) (1000 (1000 (100) (1000 (1000 (1000 (100) (100) (1000 (100) (1000 (100) (100

OH WELL, WHATEVER: 'NEWER-MIND'?

anamananan manananan WWW.METRO.US/ WELLBEING SILVERWARE MATTERS:

BIG FORK, LITTLE BELLY



Marriage lottery puts limits on love

City institutes unprecedented marriage lotto for July 24 () Lovers and advocates alike are outraged

Queens resident Norma Virola, 36, waited for years to marry her girlfriend Crystal Gonzalez, 27.

When the state legalized gay marriage the two eagerly planned to tie the knot on Sunday, the first day the law goes into effect. But now, thanks to the city's marriage lottery, Virola and Gonzalez may have to wait even longer.

"We have been through a lot," said Virola, "We didn't want to wait. We wanted to get married the first day it was legal."

The city unveiled an unprecedented lottery system yesterday due to the high number of marriage applicants for this weekend. Out of the 2,661 couples who've applied to get married at City Hall, Mayor Michael Bloomberg announced that only a fraction of those will wed. Citywide, 764 couples, straight and gay, will be chosen at random to marry.

Virola and her sweetheart will be in suspense until this Friday at noon,

Quoted

"Some people could have empathy for the history of the day, and perhaps they should step aside."

JAKE GOODMAN ON STRAIGHT **COUPLES MARRYING ON JULY 24**

when the city will notify them if they won a coveted spot in the wedding lottery.

"People's lives are in limbo," said Jake Goodman of advocacy group Queer Rising. "Why is the city so surprised there were going to be so many people wanting to get married? Everyone's going to want to get married on this historic day."

"They should have taken steps to make sure no one would be turned away," said New York state Sen. Adriano Espaillat.





Lottery slots by borough

Brooklyn City Clerk's Office Manhattan City

Clerk's Office

Queens City

Clerk's Office

Bronx City Clerk's Office

Staten Island City Clerk's Office

2,661

Online marriage applications since July 5

Are same-sex couples (City Clerk estimate)

Lawyers meet in DSK case

MANHATTAN. The lawyer for a French woman who says former IMF chief Dominique Strauss-Kahn tried to rape her joined the lawyer of Strauss-Kahn's New York-based accuser at the office of prosecutors yesterday.

Reporters saw David

Koubbi, a lawyer for French writer Tristane Banon, enter and leave the office of Manhattan District Attorney Cyrus Vance along with Kenneth Thompson, the lead attorney representing the hotel maid. It is not clear what they discussed. REUTERS



Holder proposes hack meet

NEW YORK. Attorney General Eric Holder is open to meeting with 9/11 victims about reports that their phones might have been hacked by News Corp. employees, the Justice Department announced yesterday. A spokesman said they are reaching out to victims to gauge their concerns. At a hearing in London, News Corp. head Rupert Murdoch testified that the company saw "no evidence of that at all, and as far as we know the FBI has not either." OMETRO/AB

SPECIAL PURCHASES -PRICES SO HOT, THEY WON'T LAST LONG

SAVINGS PASS DISCOUNT DOES NOT APPLY TO SPECIAL PURCHASES



Reg. 5169.

Special purchase 99.99.

★ WebID 563593

Belted dress. Reg. \$118.

Special purchase 69.99.

★ WebID 563594

All for misses.

Women's prices slightly higher

FREE ONLINE SHIPPING EVERY DAY + EXTRA 10%-20% OFF

FREE SHIPPING WITH \$99.
PURCHASE (\$8 FLAT FEE
SHIPPING WITH
PURCHASES UNDER \$99),
Use promo code, WARDROBE for
extra savings; offer Valid

SPECIAL PURCHASE 49.99



SPECIAL PURCHASE 34.99-44.99 CKJEANS



PURCHASE \$18 MATERIAL GIRL



Only at Macy's, Peacoet, Misses, XS-Reg. 5175, Special purchase 99.99. Cowlneck shimmer knit top, Misses, 2 Reg. 49.50. Special purchase 29.99. Skinny jeans, Misses' 2-16, Reg. 59.50 Special purchase 29.99. * WeblD 3. Women's phoes slightly higher





SPECIAL PURCHASE 239.99 CALVIN KLEIN

Reg. 5550. Slim-fit wool suits. ★ WebID 200808



SPECIAL PURCHASE 69.99 PERRY ELLIS



★macys wow! Pass

EXTRA SAVINGS ON ALL SALE & CLEARANCE APPAREL (EXCEPT SPECIAL PURCHASES, SPECIALS & SUPER BUYS)

EXTRA 20% OFF

SELECT SALE & CLEARANCE APPAREL FOR HIM, HER & KIDS, PLUS FINE & FASHION JEWELRY

EXTRA 15% OFF

ALL SALE & CLEARANCE SHOES, COATS, SUITS, DRESSES, INTIMATES; SUIT SEPARATÉS & SPORTCOATS FOR HIM & SELECT HOME ITEMS

> EXTRA 10% OFF ALL SALE & CLEARANCE **ELECTRICS AND WATCHES**

Excludes: specials, super buys, furniture, mattresses, floor coverings, rugs, men's store electronics, cosmetics/fragrances, gift cards, jewelry trunk shows, previous purchases, special orders, selected licensed depts., special purchases, services, macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer except opening a new Macy's account. EXTRA SAVINGS % APPLIED TO REDUCED PRICES...



Valid 7/20-7/24/2011



★ Enter the WebID in the search box at MACYS.COM to order. FIND MACY'S EVERYWHERE1

Thop, share and connect anytime.

HBO doc giving DA headaches

 Movie follows Sex Crimes Unit
 Lawyer for cops in rape case says footage could be grounds for mistrial

The Manhattan district attorney's office shouldn't have been lured by the bright lights of Hollywood, former prosecutors told Metro yesterday.

The office starred in the documentary, "Sex Crimes Unit," which can be seen

Quoted

"These are very seasoned prosecutors, and I was kind of surprised they were talking about this."
JULIE BLOCK, WHO PROSECUTED SEX CRIMES CASES DURING HER 10 YEARS

WITH THE BROOKLYN DA'S OFFICE

on HBO. The show follows prosecutors as they litigate sex crime cases.

But the lead defense attorney for the two NYPD cops accused of rape is concerned prosecutors may have improperly discussed his clients' case on air.

The sentencing of Kenneth Moreno and Franklin Mata, acquitted of rape in May but convicted of official misconduct, was postponed until Aug. 8. Their attorney, Joe Tacopina, is now reviewing never-aired footage in hopes of prompting a mistrial.

Former New York City prosecutors confided they were surprised to see attorneys from the DA's office



chatting so freely while the cameras were rolling. Former Brooklyn prosecutor Paul Callan said he would "absolutely not" have OK'd such a film.

"It's very dangerous," he said.

In fact, Callan said he

himself carefully watched the HBO flick to see if prosecutors talked about one of his current cases: He is defending meteorologist Heidi Jones, accused of lying about a Central Park attack.

"I wanted to see if my

case was being discussed. And had it been discussed, I would have made the same motion that the attorneys did in the copcase," he said.

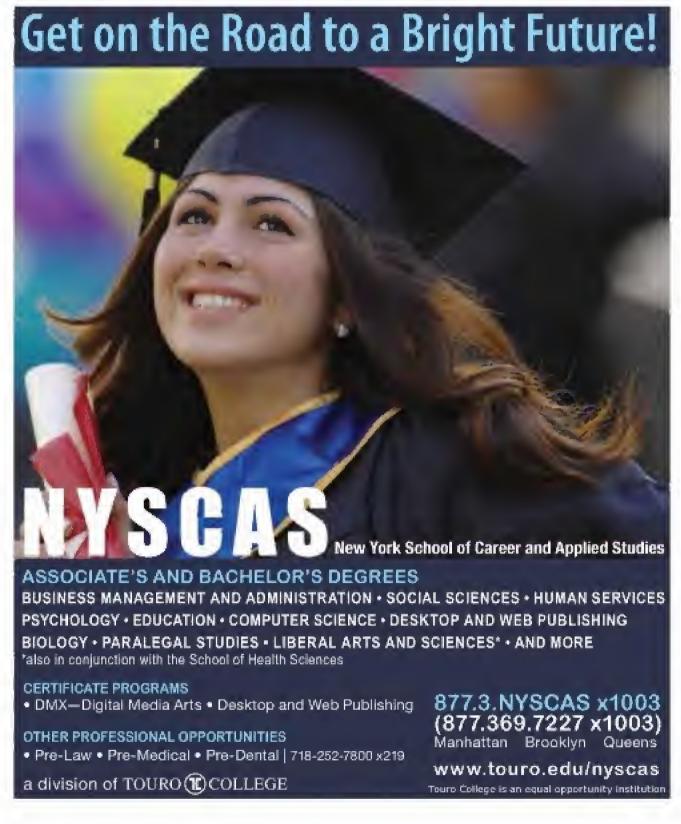


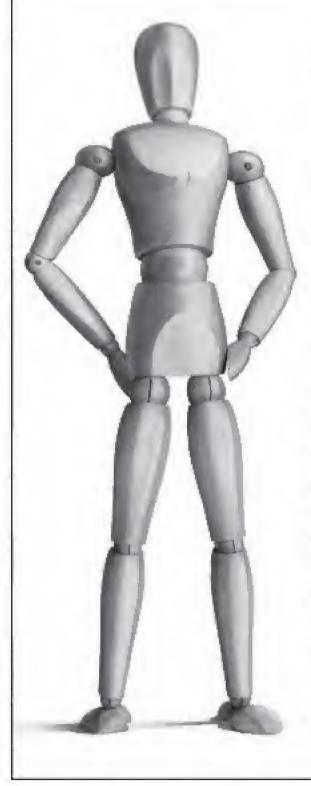
Convincing took 15 years

NEW YORK. Documentary director Lisa Jackson told Metro it took her 15 years to convince former Manhattan DA Robert Morgenthau to allow the documentary. She said nothing made it into the movie unless the case was closed. "They were very careful," she said. OMETRO

'I would have been nervous'

NEW YORK. Former
Brooklyn prosecutor
Michael Weinstock said he
would have signed on for a
film but — "I would have
been totally nervous.
You're always careful, but
especially if there are people watching over your
shoulder with cameras."





Diabetes doesn't have to result in losing a limb.

With care from our expert doctors at NYU Hospital for Joint Diseases' Diabetes Foot and Ankle Center, amputations resulting from diabetes may be preventable.

Foot and ankle procedures
Diagnostic testing
Wound care
Podiatric services
Physical therapy
Vascular evaluations
Orthotics and prosthetics
Clinical trials

Call today for an appointment (212) 598-2378 www.med.nyu.edu/hjd/diabetes



FBI raids alleged hackers

◆ Homes searched in Brooklyn and Long Island ◆ Anonymous claims they hacked MasterCard ◆ Fourteen people arrested as part of FBI sting

FBI agents raided the New York homes of six alleged Anonymous hackers yesterday as part of a nationwide sweep.

FBI spokesman Peter Donald said it was part of an ongoing investigation

By the numbers

\$250K

The maximum penalty for intentional damage to a protected computer is 10 years in prison and a \$250,000 fine.

5

Every count of conspiracy can carry a maximum penalty of five years in jail and a \$250,000 fine. into the infamous international hacking group.

At least 10 agents were at the Long Island home of Giordani Jordan, Fox News reported, supposedly a member of Anonymous.

The search warrant was for computers and computer accessories, and Fox News reported that agents took at least one laptop away after searching for nearly two hours.

No one was arrested in New York, but 35 raids nationwide netted 14 people in California, Florida and New Mexico. Many of those handcuffed were in their 20s and arrested for conspiracy and intentional damage to a protected computer. Anonymous has taken credit for hacking into websites like Master-Card, and a group associated with it, LulzSec, has been connected with the hacking of the CIA.



SHARROR STREET DRIBBUTERS



The heat is here to stay

The heat wave continued yesterday, closing government buildings that lacked air-conditioning. Temps may reach 101 degrees on Friday at LaGuardia. • METRO



Potholes plague the streets, 311

NEW YORK. Manhattan Borough President Scott Stringer has some problems with 311: He says pothole reports are slipping through the cracks of the city's complaint line. Stringer claims 311 lost 134 pothole complaints his office sent since March, an alarming number, he said.

"It would appear that online 311 pothole complaints are, in fact, falling into a black hole," said Stringer.

He demanded answers from the Department of Information Technology and Telecommunications Commissioner on the disappearance. • METRO/EAE



You wouldn't know it, but these children have survived war and disaster. Their families are refugees who have found safety here in the United States. **The International Rescue Committee** helps them to rebuild their lives, recapture their childhoods, and reimagine their futures. You can help them reach their dreams.



From Harm to Home | Rescue.org

Photo by Shaun Boyte | 0/2011 International Rescue Committee 122 East 42nd Street, New York, NY 1/0168-1289 | 1 855 ORESCUE



Cross-country trek to celebrate freedom

Eight-month trip

Diaz-Duran figures the trip to the Pacific Ocean will take about eight months.

"I expect to wear out at least four pairs of shoes," he said, "You can apparently get about 1,000 miles out of each pair."

"The biggest challenge will be being alone for long periods of time ... I'm out to meet people and see the country, not set any kind of endurance records." BIAZ-BURAN

Political refugee walks across America as citizenship one step closer Left Guatemala due to death threats

Guatemalan-born Constantino Diaz-Duran is celebrating his process of becoming a U.S. citizen by hiking across the country, starting in Manhattan and ending in California.

"I want to go from one end to the other, and really get to know it," said Diaz-Duran, 31, 12 days into the effort, as he trekked across the Delaware River from New Jersey into Pennsylvania.

With his backpack, a tent, provisions and maps, he overnights out in the open, or with friends. He also has a letter from his priest, which he hopes will

An American trail

The Columbia University graduate in American studies plans to roughly follow the Appalachian Trail down to Virginia, where he will turn southwest to New Orleans, then northwest to Denver and across the Rockies to the West Coast.

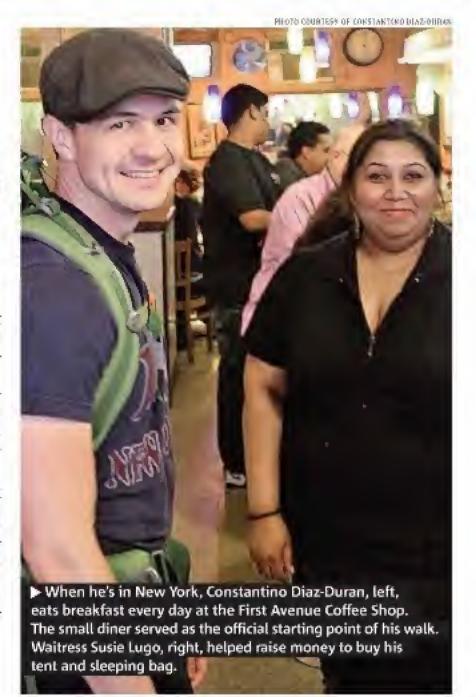
open doors along the way.
Diaz-Duran came to the
U.S. as a political refugee
when he was 21, he said.
Before he left Guatemala,
he worked as the opinion
editor at a newspaper

there. He began receiving death threats after readers didn't agree with his comments on corruption.

He's a permanent resident of the United States now and will apply for full citizenship when he returns from his hike.

"It may sound like a cliche, but really, what I love most about America is the freedom," said Diaz-Duran. "To do the work I want, to write what I wish, express any opinion I hold, and not have to worry about who I will upset."







Try our revolutionary video consult, through which most minor ailments can be treated.

EMERG CARE

walk-in urgent care center



BUYING 2 DAYS ONLY!







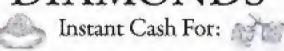
TODAY WEDS, JULY 20th & TOMORROW THURS, JULY 21s Starts today at these 2 convenient locations: The Renaissance Hotel in Manhattan Times Square and the Marriott Brooklyn Bridge.

Jewelry, Gold & Silver Bars, Watches, Coins, Precious Metals, Sterling Silver and Diamonds!

WHY NOW IS A GOOD TIME TO SELL!

The economic downturn of the last few years has caused the price of gold, silver and many commodities to their highest levels in over 30 years. This is the best time in decades to sell your unused gold, silver, platinum and diamond jewelry at the highest prices ever.

DIAMONDS

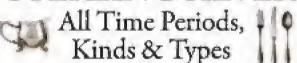


1/4 CaratsUp	To\$375
1/2 CeratsUp	To\$1,500
1 CaratsUp	
2 CarataUp	
3 CaratsUp	To\$20,000
4 CaratsUp	To\$35,000
5 CaratsUp	To\$43,000
6 CaratsUp	To\$55,000

We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and Fumpean cuts Bring your items in for a FREE EVALUATION!

STERLING SILVER



We will pay up to for the following:

CenterpiecesUp To\$3,500
Claret Jugs
Epergne\$8,000
Full Flatware SetUp To\$8,500
Punch Bowls & SetsUp To\$5,000
Single Flatware ItemsUp To\$750
Tea Sets
Trophies\$1,500



We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types. and makers. Rare and unusual items command the highest prices.



SILVER DOLLARS Wanted Rare Dollars!

United States

1840 to 1873 1878 to 1904 1794 to 1803 1836 to 1839 Trade Dollars

Your Coins Could be Worth Up To Hundreds Even Thousands!

Check your items to see if you own any of these	valuable coin:
1798 15 Stars obverseUp	To \$25,000
Gobrecht reeded edge dye alignmentUp	To \$5,500
1873CC Liberty SealedUp	To \$5,500
1878CCUp	
1889CCUp	To\$13,000
	To go mod

FINE JEWELRY

All Kinds, Time Periods & Types

We will pay UP TO the following for rare & collectible jewelry:

Silver Jewelry\$750	Art Deco\$13,000
Brooches\$15,500	Cuff Links\$1,000
Pendants\$8,000	Pins\$5,500
Necklaces\$26,000	Rings\$16,000
Cocklails Rings\$15,500	Art Nouveau\$12,500
Charm Bracelets\$5,500 Earrings \$10,500	Lavalieres \$8,000
Bracelets\$13,000	Garnets Jewelry\$1,000
Cameos\$750	Bakelite Rings\$750
Victorian\$10,500	Floral Design\$10,500
- ware t	



We need your jewelry items!

Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items. Many more items not listed accepted!







Wanted Rare Gold Coins! I Intrad Course

			Cim	ed States		
1\$1,00	1849 to 1889	į	*\$5.00	1795 to 1833	i	*\$10,00 1795 to 180
*\$2,50	1796 to 1834	i	*\$5.00	1834 to 1838		*\$10.00 1839 to 193
*\$2.50	1840 to 1929	i	*\$5.00	1839 to 1908	i	*\$20.00 1850 to 193
*\$3.00	1854 to 1889	Ī	*\$5.00	1908 to 1929		

Your Coins Could be Worth Up To Hundreds — Even Thousands!

*Check your items to see if you own any of these valuable coins:

\$1.00	18490	Up	To \$10,500
\$2.50	1796 Capped Bust large left side	Up	To \$18,000
\$2.50	1841 Quarter Engle Liberty Head		
\$3.00	18540	Up	To \$10,500
\$5.00	1795 Small Eagle	Up	To \$52,000
\$5.00	18380	Up	To\$10,500
\$5.00	1842C Small Date, 1861D, 1864S	Up	To\$6,500
\$5.00	19090, 1929		
\$10,00	1793 13 Leaves Below Eagle.		
	1796 9 Leaves Below Eagle	Up	To \$20,500
\$10,00	1859O, 18638, 1875	Up	To \$8,000
\$20.00	18560, 18540, 18600, 18618,		
	1870CC, 1886, 1891	Up	To \$10,500

Satisfied Customer Testimonials

Really like tchere! Everyone is very kind, great autrosphere. I have been back is times?

I have been here 2 times and buth times the people that work here were very friendly. I would

ir was really fast! I heard about this store from the radio and as some as I got

- J. Grace

the chance I came to sell my unused jeweley. It was a great & friendly service and I will be back! _J. Simek

My service was exceptional! - C. Stormey



Free Admission * No Appointment Necessary Safe & Secure . Onsite Security

www.rapidcashforgold.com

2 DAYS ONLY! STARTS TODAY AT THESE LOCATIONS!

Tomorrow, Wednesday, July 20th: 11AM-6PM (Gotham Boardroom)

Thursday, July 21st: 11AM-6PM (Vivid Lounge)

RENAISSANCE HOTEL IN MANHATTAN TIMES SQUARE

714 7th Ave. at West 48th Street . New York, NY 10036

Tomorrow, Wednesday, July 20th: 11AM-6PM Thursday, July 21st: 11AM-6PM

MARRIOTT BROOKLYN BRIDGE

333 Adams St + Brooklyn, NY 11201 (Between Tillary & Willoughby St)

FULTON FERRY SUITE



All Types Needed. Instant Cash For:

Pay up to for the following:

·		14		
Chains & Necklaces	Up	To		\$250
Class Rings	Up	To	one	\$500
Charm Bracelets	Up	To	St	5,500
Wedding Bands	Up	To		\$250
Mountings	Up	To		\$750
Antique Items	Up	To	S	5,500
Single Flatware Items	Up	To		\$750
Dental Gold Items	Up	To		\$500
Coins & Bullion	B	ring	for o	quote
Scrap Gold	B	pnin	for o	quote

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!

Paying Up To 2000% of Face Value. 1964 or Prior.

SAFE & SECURE!

All items are reviewed in our private, safe and secure viewing show rooms.

WRIST & POCKET WATCHES All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

A. Lange	Gallet\$1,250	Tiffany & Co\$15,000
Audermars piguet	Grubelin\$42,500	Ulyssee Nardin\$10,000
Ball \$4,000	Hamilton\$500	Vacheron & Constantin \$26,000
Breitling	Illinois\$1,500	Chronograph Watches \$16,500
Cartier	Jules Jurgenson \$16,000	Ladies Watches \$11,000
Corum \$3,000	LeCourite	Musical Watches \$37,500
Ditishiem \$14,000	Longines\$13,000	Pocket Watches
Dudley\$11,500	Movado\$2,500	Regular Watches\$11,000
E. Howard & Co \$12,000	Ornega\$2,500	Repeating Watches
Bigin\$750	Rolex \$16,000	Stop Watches
Frodsham\$12,000	Seth Thomas\$1,500	World Time Watches \$37,500



Up To \$15,000 : Up To \$16,000 : Up To \$52,500 : Up To \$12,500 : Up To \$13,000









PLEASE NOTE: We also purchase watches that are NOT in working

Our Aim is to Beat Most Offers!

We Strive to Beat All Legitimate Written Offers

Before Bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

Why We Can Usually Pay More Than Other Dealers

Most jewelers and dealers specialize in few items and focus on newer looking items to resell. Because they are unfamiliar with many other items including vintage jewelry, old watches, coins, flatware, etc. they tend to offer very low prices because these items are not readily saleable for them. Our company has many specialized buyers for the various classifications of items that we purchase, therefore we can usually pay more.

A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

Customer Satisfaction

Most of our business comes from satisfied customers and referrals which includes their friends and families. Our showrooms are safe and private, Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.



08

Shuttle leaves station for last time

CAPE CANAVERAL, FLA. The last U.S. space shuttle departed the International Space Station yesterday, ending a 12-year program to build and service the orbital outpost, the primary legacy of NASA's shuttle fleet.

Shuttle Atlantis commander Chris Ferguson and pilot Doug Hurley gently pulsed their spaceship's steering jets at 2:28 a.m. EDT to pull away from the station as they sailed about 250 miles over the Pacific Ocean. REUTERS

Japan: Progress at nuke plant

TOKYO. Japan's government said yesterday it was ou track with efforts to take control of the crippled Fukushima nuclear plant but cautioned that a final cleanup of the worst nuclear accident since Chernobyl would take many years.

The update on progress to shut down six reactors at the Fukushima Daiichi plant comes four months after a massive earthquake and tsunami knocked out cooling systems at the complex and triggered a series of core meltdowns and explo-SIOUS. REUTERS

Murdoch attacked during testimony

Press baron apologizes for phone hacking scandal O Says hearing was 'most humble day' of his life

turbed by a shaving cream pie attack in Britain's Parliament, apologized yesterday for the phone hacking scandal that has engulfed his empire but said he would not resign as he had himself been let down by others.

Murdoch, at times appearing all of his 80 years as he took lengthy pauses before answering questions alongside his 38-yearold son, said he had been ashamed by the allegations and won some sympathy for his apparent remorse.

In a hotly anticipated hearing, the most dramatic moment came after two and half hours when a man appeared to rise from the public area of the commit-



"Frankly, I'm the best person to clean this up." RUPERT MURDOCH, WHEN ASKED

WHY HE HAD NOT RESIGNED

POST YOUR COMMENTS: WWW.METRO.US/ MURDOCH



Rupert Murdoch, unper- tee room and tried to hit the elder Murdoch with a dish of shaving cream.

> As James Murdoch rose and police moved in, watched live by millions on television, Rupert Murdoch's 42-year-old wife Wendi Deng, who had been sitting right behind her husband, leapt forward to slap the man. He was hauled away and the session suspended.

> Ten minutes later, the session resumed with an apology from the chairman and a jacketless Rupert Murdoch who continued to answer questions calmly.

> At the start of proceedings, the elder Murdoch had rejected personal responsibility for the phonehacking and corruption scandal but, with his son, said the company was deeply sorry and intended to resolve the issue as quickly as possible.

> He said he "shocked, appalled and ashamed" when he read two weeks ago of the case that has transformed the smoldering scandal into a "firestorm," in the words of Prime Minister David Cameron. It has shaken Britons' trust in the press, police and politicians, including Cameron himself. REUTERS



Murdoch plays up humility, regret

Rupert Murdoch called it the most humble day of his life, and he can rarely have looked as ill at ease as he

did during yesterday's parliamentary hearing.

The 80-year-old press baron spent much of the three-hour hearing with his head bowed, at times staring at the back of his hands, and rarely showed the passion and aggression on which he built his business over six decades.

He answered many

questions in monosyllables and frequently left long pauses before uttering short replies, apologizing repeatedly for the hacking by his now defunct News of the World newspaper but shedding little light on what went on.

"This is the most humble day of my life," he said. REUTERS

Brooks' testimony



Rebekah Brooks, the former News of the World editor at the time some of the alleged hacking occurred, apologized for the scandal and denied knowing the private investigators at the heart of the allegations. She also dismissed suggestions she had ever made or sanctioned payments to the police.

Less money for students in economy

Almost two-thirds of U.S. shoppers plan to spend the same or less this back-to-school season as last year, a survey showed, in an early sign that retailers may not obtain a huge boost from the second-biggest selling season of the year.

About 65 percent of parents surveyed by America's Research Group said they did not plan to spend more during the key season that typically runs from late July into early September as students gear up for the upcoming school year.

While many retailers have already started advertising weeks ahead of school year's start, about 43 percent of parents said

Quoted

"People have kind of fallen into this economic mind-set of survival. They are coping with less money."

BRITT BEEMER, PRESIDENT OF AMERICA'S RESEARCH GROUP

they plan to shop only a week or two before schools open, hoping to find better deals later in the season. Less than 7 percent of parents plan to shop two months before school.

Consumer spending accounts for almost 70 percent of the economy. REUTERS



Report: 30 percent in 12 states obese

washington. At least 30 percent of people in 12 states were obese in 2010 — an increase of three states from a year earlier, according to the U.S. Centers for Disease Control and Prevention.

No state reported that less than 20 percent of adults were obese, the Atlanta-based agency said yesterday in a statement. That means no state met the national Healthy People 2010 goal to lower the prevalence to 15 percent.

29.4% The had the highest rate of obesity, with 29.4 percent; the West had the lowest, at 24.1 percent.

09

Medicare and Medicaid each spend more than 20 percent of their budgets to treat illnesses related to avoidable health risks like obesity, according to the Trust for America's Health and the Robert Wood Johnson Foundation. BLOOMBERG

New homes shooting up

washington. Groundbreaking for homes scaled a sixmonth high in June, partly reflecting growing demand for rental apartments, a government report showed yesterday.
The Commerce Depart-

ment said housing starts increased 14.6 percent to a seasonally adjusted annual rate of 629,000 units, the highest level since January, as groundbreaking for multi-family units soared 30.4 percent. REUTERS





The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or less.

Today, Kelly Osbourne is throwing things out, Snoop Dogg is trying new things, Paris Hilton is probably really hungry and Conan O'Brien is easily starstruck.

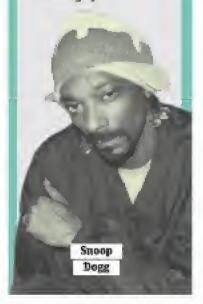
just did a little spring cleaning and found a twix that expired in 1995!

► @SnoopDogg yall on that google+ yet? add tha dogg ya digg! search "snoop dogg"

► **@ParisHilton**On my first day of the

juice cleanse diet AconanOBrien

You never know who you'll run into at the Warner Bros commissary. I just saw the guy who plays that guy on that show. You know — that guy!



myentertainment

THE WORD

Metro's Monica Weymouth shares her take on the world of gossip to @monicaatmetro = monica.weymouth@metro.us

Dorothy Robinson will return tomorrow.

Breaking news: J. Lo is sexy

Even stranger than the fact that Jennifer Lopez and Marc Anthony got married is this little bit of gossip about one of the reasons they're splitting up: He thought J. Lo was too sexy.

It seems that, in the process of begging for the title of Mr. Jennifer Lopez, Anthony forgot he was marrying the woman who wore **That Dress**. "He would make her feel terrible about herself if she wanted to wear something sexy," a source tells UsMagazine.com. "He likes her to dress in a demure, 'wife' style. He hated the fact that she was a sex symbol."

How many marriages go downhill because the mother of 3-year-old twins is too sexy? Prepare yourselves: Jto-the-L-O is going to be owning this irreconcilable difference on every red carpet that'll have her.

WWW.METRO.US/WORD DOROTHY ROBINSON'S WORD BLOG



Lady Gaga does it for the children

Let it never be said that Lady Gaga didn't put on a show. When she stopped by Howard Stern's radio show yesterday, she denied lip syncing live: "You think I'm going to ask these sweet 14-year-olds to ask their parents to buy a \$100 ticket then run around in latex and lip sync? No way."

Not that she's taking any cheap shots at her peers who famously do. When asked how she felt about writing songs that made other people famous before she became a household name/pest, she played nice. "Fricking Britney Spears sang my record. I was doing backflips and ordering drinks when I heard she was going to be recording my song."



Angie is in charge

Don't expect **Angelina Jolie** to be wearing a sensible dress in the kitchen anytime soon. In the Pitt-Jolie house, she's in charge, according to E!

Online. "She rules him," says an anonymous "friend" of **Brad** to the site. "You can never put anything past that Angie, as she's the one calling the shots." Those are shots we're kind of afraid to even write about.

Talking points

Lovato's new love interest?

Demi Lovato and Ryan
Phillippe have reportedly
been quietly seeing each
other over the last few
months, but the actor's recent drama with rumored
baby mama Alexis Knapp
has cooled things off
between them, according
E! Online. A source says
that Lovato and Phillippe's

relationship "was really hot and heavy for a while," but the Disney star didn't know Phillippe was going to be a father with Knapp's baby "until it basically happened. It kind of threw her for a loop." The pair have been on a break since Knapp gave birth two weeks ago, the source says.

Perks of being a Beckham

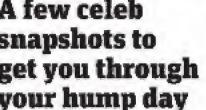
Having **David Beckham** as a dad certainly has its benefits, as **Brooklyn**, **Romeo** and



Cruz Beckham are set to enjoy a private concert by their favorite singer, Justin Bieber, according to Hollyscoop, "I've agreed to give the boys a private concert at their house - if David gives me some private soccer lessons," Bieber says. "He told me how happy it would make the boys, so I had to say yes." The pop star could also include girlfriend Selena Gomez in the gig, he admits: "Maybe now [that] they have a girl, Selena will have to come too, and dedicate a song to Harper."

myentertainment





- world premiere of "The Advenceau Raffle on Tuesday night in
- 2: Rufus Wainwright poses at a post-show drinks reception af-
- 4: Sway Calloway and actor Jer-Calloway's first day of his new on Eminem's Shade 45 channel at SiriusXM Studio on Monday
- The Standard on Monday night
- face with singer John Legend Spring/Summer 2012 Presenta-Raleigh on Monday in Miami.
 - uniforms worn during the Catherine, Duchess of

2: TRAGOL GRITY IMAGES 2: DAVE M. REMETTI CETTY IMAGES 3: THEO MARGOL GETTY IMAGES 4: MICHAEL LOCCISARD GRITY IMAGES 5: STEPHER LOTERING GRITY IMAGES 6: MANAGES STATEL BERLERES BERLERES REDUCKS
7 ALSAARDER DURANGOA
GETTY ISLACES FOR DISEALA BRAZIL
8. ASTRIO STANDARDESCETTY IMAGES



11



SPY A CELEB IN YOUR **NEIGHBORHOOD? SNAP** SOME PICS AT A GREAT SHOW LAST NIGHT? SEND YOUR SEEN ON THE SCENE PHOTOS TO THEWORD@METRO.US AND WE'LL PRINT THE BEST ONES HERE.



Brazil Wax- \$25

Full Body Wax-\$55

Teeth Whitening-\$50

Micro w/Mini Facial- \$55

TV watch list

Warrior'

'Deadliest

REALITY. In Season 3 of the

series that throws the bad-

dest of the bad against each

other to find history's tough-

est fighters, the experts pit George Washington vs.

Napoleon Bonaparte and Joan of Arc vs. William the

Conqueror. They even throw

a bone to sci-fi geeks, once and for all, answering the

burning question, "Who would win in a zombie vs.

vampire war?" Season

AMBER RAY

MTV2

must-see

premiere, 10 p.m., Spike

This Saturday on "Burnout:

Challenge," pro stock driver

Jason Line gives the teams

their sixth challenge. The

leader, while the red team

continues to march ahead.

Tune in to MTV2 this Satur-

day at noon to see if the blue

team can catch up and take

the lead.

SPONSORED BY

blue team finds a new

The Ultimate Drag Race.



A- 3 sessions of either Lip, Chin, or Underarm and 1 free manicure - \$99

B- 2 session full face or Brazilian bikini and 1 free eyebrow wax - \$99

C- 1 session full leg or full arm w/ underarm

or back and 1 free 30 minute massage - \$99

Just for You \$89 - 30 minute Swedish massage, Out to Lunch Express Facial, manicure and pedicure, glass of white or red wine

Did you know? The top secret to dating, finding a better career & financial freedom is A GREAT SMILE!

Vada Spa & Laser (212) 206-1572

387 6th Avanue (between Waverly and Greenwich) www.VadaSpa.com

Then see what Smile Artist's top doctors can do for you using Revolutionary New Technology to transform your smile in just two visits for as low as \$999 or \$99 per month with No shots, No pain, No drilling!* (Midtown, 36th St)

Call 212-779-3491 to WIN

or email Info@SmileArtistNY.com

Sign up for a Free Consult at www.SmileArtistNY.com to transform your smile & Win Extreme Smile Make-Over today!



\$1.000 Gift Certificate FREE Whitening and computerized before and after imaging for New Patients ONLY! Valid for 1 person Expires 7/31/11

invisalign Zoom! Snacon

After

Whitening. *Offer Expires 7/31/11. Limitations may apply. Call for Details.

🚧 Satori Laser Hair Remoya ted in The New Yorker Hotel, 481 8th Ave - Suite 815 Special! \$319 Underarms Lifetime Package ded by APM. MAJOR & WILHELMINA NYC Model Agencies 212-268-7799 Attention, Please! Men & Women We use Candela Eyebrow / Chin / Upper Lip \$ 20 **GentleLASE** and \$ 60 UnderArms\$ 40 GentleYAG 😃 😃 Brazilian \$ 99

SatoriLaserHairRemoval.com | 10am-10pm / 7days a week

Skin Rejuvenation / Microdermabrasion

myentertainment

Rockin roller coaster

O Vince Neil talks old bad habits, new stage props and business as usual on the road with Motley Crue

Vince Neil is not a man of many words. This isn't surprising, considering that most of the words he sings with Motley Crue were written by Nikki Sixx anyway. We spoke with Neil from his tour bus in Tampa.

I've read that you guys have something called a drum roller coaster on this tour. How has that been working?

Oh it's great. I mean, people are loving it. It's obviously something different.

When you're rehearsing for the tour, at what point does something like a drum roller coaster come into the picture?

At the very end. ... Our very first U.S. show was Dallas, so we set up in the place where we were playing for like three days, then rehearsed the new set. We did pyro, the roller coaster and then everything else.

If you go

Motley Crue with Poison and **New York Dolls** Tonight, Nassau Coliseum, Long Island, \$36-\$92 www.ticketmaster.com

On this tour, you let fans select the set lists. Any surprises?

No. I mean, a lot of the songs we knew were gonna be on there, obviously like "Girls, Girls, Girls" and "Wild Side" and "[Dr.] Feelgood" and "Home Sweet Home." ... But some of them, like "Smokin' in the Boys Room" was a big fan favorite. We hadn't played that in a long time. And then "Too Young To Fall In Love," which we hadn't played in like 20 years.

Is that because you reached an age where you weren't too

young to fall in love?

Well, that song was written 25 years ago. [Laughs] It's just a song, man.

Nikki wrote a lot of the songs. When you sing those words after all these years, do you get something new out of it?

Well, no. I mean, I'm performing. I'm not acting out those words, I'm singing a song. ... That's all.

Has life on the road slowed down over the years, or is it still like the Crue bio, "The Dirt: Confessions of the World's Most Notorious Rock Band"?

Well, we were a young band. We've been together for 30 years now, you know. ... We're not drug addicts like we were. There are things that you do when you're 20 years old you don't do when you're 50.





Turn back the signs of aging in just ONE TREATMENT ONLY

- Eve Lift \$350 Eve bag reduction \$350
- Double Chin: Tightens skin \$350
- Stomach Area: Tightens skin, melts fat \$800
- Buttocks Area: Reduces Celulite, tightens skin \$800
- Face area: Tighten and reduce lines \$850 Exp. 7/31/11

Stretchmark and acne scar reduction \$99 Laser hair removal for back, chest, legs or bikini \$99

- ONE TREATMENT ONLY
- NO DOWNTIME
- NON-SURGICAL

Bring ANY LASER COMPETITORS Coupon and We Will BEAT IT 10%



OPEN 7 DAYS EST 1989

NEW CLIENTS ONLY!

CERTIFIED TECHNICIANS • UPGRADED MEDICAL EQUIPMENT

Randee Elaine

Spa & NY Laser Center for Men & Women

180 7th Ave South (Blwn Perry St & W 11th) www.NYLASER.net 212-229-0399 NEW CLIENTS ONLY W/ AD

ZERONA Service and Corecaring MELT YOUR FAT. INTRODUCING ZERONA BODY SLIMING LASER. Lose 3-9 inches in just TWO weeks. Zero pain, zero side effects, zero down time, Full treatment (6 sessions reg. \$2000) \$1500 LASER SPECIALS Get rid of Pigmented Lesions and Sun Spots Spider vein removal Stretch marks removal \$149 & UP Remove Rosacea Shrink your facial pores Non Surgical Laser Facelift Pckg-Full Body Laser Hair Removal WAX SPECIALS Brazilian bikini wax w/ painless wax. Back or chest wax

17 W. 8TH St (Btw 5th & 6th Ave)

LASER CENTER BEAUTY AND YOUTH

FOR MEN AND WOMEN - www.BeautyAndYouth.com



Poison and the Dolls

You're touring with Poison and the New York Dolls. The first incarnation of the Dolls had imploded by the time the Crue first came out. Tell me how they influenced you. If you read any of our early bios, the New York

manfootcare@aoi.com

www.manhattanfootcare.com

Dolls were one of our influences for Motley Crue.
The style, not only fashion style, but the song style. If you listen to a lot of stuff on the first record, you can hear some Dolls in there. We love those kind of bands, like the Sweet, that kind of glam, that's what we kind of

fashioned ourselves as.

Are there any collaborations on this tour where you guys are sharing the stage with Poison or with the Dolls?

No, no. We do our set, you know. This isn't a jam session. We have a lot of pyro and a lot of visual stuff.

We do our job, they do

their jobs.

SATURDAY APPOINTMENTS AVAILABLE

DENTAL IMPLANTS

\$395* +Post \$545 +Crown \$695 per Implant \$1,635 Nobel Biocare only \$100 add'l *Implant, abutment & crown must be

We will
beat or match
any competitor's
legitimate written
estimate

Speak with your Smile Today!

promotional fees

completed at our office to qualify for

Expires 7/31/11

FREE CONSULTATION

Over 2,000 implants placed each year.

COMING SOON: GRAND OPENING IN NEW JERSEY

Contemporary Dental Implant Centre



8 Convenient Locations 41st & Madison Avenue • Brooklyn Valley Stream • Smithtown (Suffolk County) Massapequa Park • Scarsdale Rego Park • Wall Street

CT Scan-3D Views of the Jaw now available at our Madison Ave. location.

CALL

212-269-9500

TODAY!

Se Habla Español

www.395DentalImplant.com

OPEN 7 DAYS A WEEK

GET A FOOT UP ON LIFE!



UNIVERSAL PRE-KINDERGARTAN 2ND ROUND IS AVAILABE

Children born in 2007 who resides in NYC are eligible to enroll in FREE UPK program and deadline to submit the paper application is July 29th.

You may choose full-day or half-day programs in:

Public Schools or

Community-Based Organization (CBO)

Call us at (212) 941-0030 x 597 and get your list today

Your child care need, we can help! We also have information on summer camps, after school programs, public funded/private child care programs,

head start programs available.



(212) 941-0030 x 597

165 Eldridge Street, New York, NY 10002 Tel: (212) 941-0030 ext. 597

Fax: (212) 343-9567

www.childcarecpc.org







ACCR-CPC is also part of NYC Child Care Resource & Referral Consortium

mystyle

What's in Kelly's

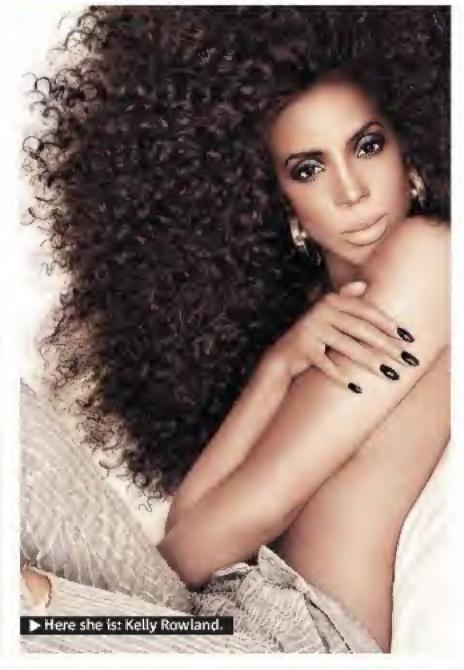
makeup bag

- 1. Natura Bisse Diamond Cream, \$285,
- www.naturabisse.com 2. Kimble Honey and Oatmeal Treatment, \$11,
- 3. L'Oreal Voluminous Mascara, \$7, Drug stores nationwide

www.target.com







Kelly Rowland: Stripped

• After years of flashy stage costumes, the singer has reached a more pared-down place She talks us through her wardrobe changes

Before she went solo, Kelly Rowland spent her career dressed in bling-y costumes designed to keep you entertained - shimmery, mermaid-like dresses with flesh revealing cut-outs or ripped. GI Jane-style army fatigues with camouflage Daisy Dukes. "I've never been afraid to take any risks," she admits over the phone from London, where she's promoting her new album, "Here I Am," and preparing to join the U.K. X-Factor

www.metr@.us FOR ROWLAND'S STYLE **ICONS VISIT**

WWW.METRO.US/STYLE

judging panel.

"My personal style has grown in a way where I know what works for me. You have to try different things out to get it right," she says of her evolution from her days as one-third of Destiny's Child to now. "Before, I was about what's 'in' right now. But now, I buy to collect pieces that will be with me forever."

Texan's new wardrobe is much more refined and focused, thanks to her habit of reading Style.com each night ("it relaxes me") and attending runway shows during the

collections. She talks about the trends with the confidence of a seasoned market editor: "I love how everything is about opulence and decadence right now. I love how that has come back. And it's great to see the bold colors from spring and summer carrying over into fall," she adds.

Rowland's been wearing Stella McCartney and Chloe the most, lately, and has a long-time obsession with Alexander McQueen. All three are brands with English creative directors — is Britain rubbing off on her? "I love the U.K., period. But I've grown to appreciate the art and creativity of British fashion."



HUNT

METRO WORLD NEWS IN LONDON

LASER HAIR REMOVAL SPECIALS!

- Lip, Chin, Or Underarms \$50
- Upper Arms or Lower Leg \$99
- Brazilian Or Bikini \$99
- Full Face w/ Neck \$150
- Full Leg Or Full Arms \$150
- Back Or Chest \$149
- Full Body (unlimited) \$499

Laser \$99 Only

- Vein Laser- Face/Body *Immediate Results*
- Laser Facial Reduces wrinkles, sun spots & more!
- Laser Pigmentation-
- Removes acne scars & dark spots, etc.

Choose two for \$99

- Microdermabrasion Removes Dead Skin
- Deep Cleansing Purifying Facial
- Slimming & Detoxifying Body Wrap.
- Sea Salt Exfoliating Body Scrub Aromatherapy Massage - 1 Hr
- Glycolic Peel w/ Eye Treatment
- LPG cellulite reduction!

BEACH SPECIAL

Full Leg Waxing w/ Brazilian

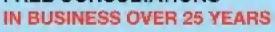
\$49

originally \$145

Day 5pa & Laser Center

5 West 35th St (btwn 5th & 6th) Open 7 days 10am-9pm

FREE CONSULTATIONS



212-594-9610 www.ninasskincare.com

HAVE YOU BEEN SUED OR HARRASSED BY:

CHASE • AMERICAN EXPRESS • MIDLAND FUNDING LVNV • PORTFOLIO RECOVERY ASSOCIATES ASSET ACCEPTANCE • ARROW FINANCIAL RUBIN AND ROTHMAN . COHEN AND SLAMOWITZ MEL HARRIS • MULLOOLY, JEFFREY, ROONEY & FLYNN FORSTER & GARBUS • OR ANY OTHER CREDITOR?

WE FIGHT FOR YOU! WE CAN SAVE YOU MONEY. CALL JEFFREY SHEPRO, PC

212-575-2683

42 W. 38TH ST. STE. 802, NY, NY 10018

ATTORNEY ADVERTISEMENT

90% of Metro readers have shopped at a department store in the past 3 months Source: Scarborough R2 2010, adults 25-49, 75K+



ADVERTISE WITH US: contact Ed Abrams at 646-792-8034 or ed.abrams@metro.us

LOOSE DENTURES?

Implants immediately hold your new overdentures in place



- LEAVES YOUR PALATE UNCOVERED
- AFFORDABLE, QUICK & EASY
- No More Messy Adhesives
- Prevents Rubbing and Soreness
- Helps Improve Speech, Digestion, and Self Image
- More Confident Smile

Emergencies Welcome

Senior Cit, Discounts on new Dentures

MOST INSURANCE AND NY STATE MEDICAID ACCEPTED

Leaders in Implant Dentistry!- Est. 1977

Denture Repairs and Relines While-U-Wait

FREE CONSULTATION

CALL NOW! 212-689-0024



224 West 35th St., New York, NY 16th Floor (between 7th and 8th Avenues) www.heraldsquaredental.com



Part-time courses and programs in information technology
Online and evening courses • Competitive tuition

Fall registration begins August 1.

www.extension.harvard.edu/it

www.metro.us WEDNESDAY, JULY 20, 2011

1

mywellbeing

Should you do the Dukan?

• 'The latest reboot of the low-carb dieting philosophy' is making waves • Kate Middleton and J. Lo are fans



STOCERAT

When Carolyn Crosier read about Kate Middleton adopting the Dukan plan for her pre-wedding diet, she says she was hooked 100 percent. Then, her colleague Heidi Bergos got on board.

"The fact that Kate Middleton, J. Lo and Giselle all followed Dukan's plan made me want to try it," Bergos says.

Soon, two more colleagues who work in the Charles Hotel's administration offices in Cambridge, Mass., were eating up the Dukan Diet, so to speak. French nutritionist Pierre Dukan developed the diet, documenting it in his bestselling book, "The Dukan Diet," and the Duchess of Cambridge, Kate, sealed its fate as this year's to-do diet.

"The Dukan Diet is the latest reboot of the low-carb dieting philosophy." says licensed nutritionist Monica Reinagel, author of "Nutrition Diva's Secrets for a

Keep in mind.

The diet is not without its disadvantages.

"The early phases of the diet are extremely restrictive and nutritionally imbalanced," Reinagel says. "While it offers some advantages like not having to count calories or limit portions (or stop eating until you want to), these sort of extreme programs have a very poor track record for long-term success."

Healthy Dier." "The twist is that unlike the Atkins approach, the Dukan Diet has you limit fats as well. While it is usually successful in producing quick weight loss, it has many of the same drawbacks as Atkins."

The protein-heavy diet is split into four phases: The Attack, The Cruise, The Consolidation and The Stabilization. In the attack

phase, dieters are set up to shed about five pounds very rapidly, in a week or less. The cruise phase implements a diet of certain vegetables, with the goal weight loss being approximately two pounds per week. The consolidation reincorporates phase breads, cheese and starches. And the stabilization phase, which is designed to be implemented for the rest of the dieter's life, allows dieters to eat almost anything they want.

Since starting Dukan in April, Bergos lost 15 pounds and Crosier lost 11 pounds, Both gained only a couple back.

"The no-alcohol part is the toughest! Everything becomes Du-Can and Du-Can't," jokes Crosier. "It changes what you think about food as far as fuel versus indulgence."



Your doctor spent 5 minutes?

Another reason to call.

You want an outstanding doctor and we can connect you with one who's right for you. Whether near your home or office, doctors affiliated with Continuum Health Partners hospitals - Beth Israel Medical Center, Roosevelt Hospital, St. Luke's Hospital, New York Eye & Ear Infirmary - are conveniently located throughout Manhattan and Brooklyn. Our doctors participate in all major insurance plans.

Need a great doctor? Call (866) 811-7225.

www.chpnyc.org

Continuum Health Partners, Inc.









DOWNLOAD 1,000s of FREE



Visit Today!

EDUCATIONOPTION.COM

Your World of Education.

mymetr@

16

NYC's #1 FREE DAILY

www.metro.us WEONESDAY, JULY 20, 2011

mywellbeing

Rules of the booty call

It's a bad idea, say Em & Lo, but they know that's not going to stop you If you must engage, at least heed this advice No phone calls!

there: Out on the feeling good after cocktail or five, you don't want to go home yet and no one has made you any offers you can't refuse. So you fish out your phone to daringly (read: desperately) see if one of your acquaintances might take sexual pity on you. It's a recipe for disaster. But if you insist on doing it again (and you know you will), follow these rules to ease everyone's pain:



Text, don't call: Text messages were practically invented for booty calls! Slurring goes unnoticed, grammar is irrelevant and if the person's not around, you won't embarrass yourself with a rambling voice

mail message.

When in doubt, be clever rather than crass: A little cheeky banter, some playful innuendo, a compliment or two to fluff up the ego (and other body parts) will usually work way better than a cheap crotch shot.

Be buzzed, not biotto: If you're too drunk to correctly spell the name of your potential partner, to find your own cell phone or to perform sexually, then you're too drunk for a decent booty call.



Choose a designated dialer: If you're in the habit of drunkdialing the wrong kind of booty call (that ex you can't get over, your boss, etc.)

Don't do drive bys

Stopping by their place at 2 a.m. because you don't have their number or your phone is dead is generally a terrible idea. We'll bet you a hundred bucks they're either fast asleep or entertaining someone else.

then hand a good friend your phone at the beginning of the night and give that person permission to cut you off - tequila- or text-wise — at any time.

Try take-out booty: Convincing someone to leave a bar to come service you in your bed is highly underrated.

Be thoughtful with your calls: Before you make the call, think about what's going on with your intended: Do they have a big project they're preparing for? Do they have to get up early? Are they already asleep? Are they sober? Do they have family visiting? If the answer to any of these is yes, think twice about hitting "send." Engage in booty, not brunch: When daylight hits, you can test the waters for morning sex, but don't push your luck by requesting breakfast (especially not in bed).

Em & Lo's latest book is "SEX: How to Do Everything." Visit EMandLO.com for your daily dose of sex, love, and everything in between.

Before







DOWNTOWN PODIATRY

manhattan's premiere foot doctors

CALL FOR AN APPOINTMENT TODAY!

www.downtownpodiatry.com 1.877.BUNION.1 (1.877.286.4661)

DOWNTOWN

EMPIRE STATE BUILDING

131 John Street Ste. 1450 | 315 Madison Ave. Ste. 515 | 350 51h Ave. Room 2618

Most insurance accepted

For a FREE consultation, please call 212-951-7352 With a properly fitting socket that provides stability. comfort and has excellent suspension, this patient has the opportunity to pursue his passion for the martial arts.

$\widetilde{\mathcal{K}}$ Prosthetics in Motion

Visit Our You Tube Channel

Manhattan Prosthetic Facility

specializing in fitting customized prostheses for patients of all ages and functional levels.

- Lower & Upper Extremity
- · C-Leg/Rheo 2
- i-Limb/Dynamic Arm
- · Pediatrics
- Congenital Anomalies
- Sports Prostheses
- Vacuum Socket Technology

Medicare & Medicaid Provider Most Insurance Accepted

An ABC Accredited facility providing Quality Prosthetic care. Chris Kort CPD/ President of Prosthetics in Motion has been serving the Prosthetic community for 15 years.

www.prostheticsinmotion.com • prostheticsinmotion@gmail.com • 212-951-7352 12 East 33rd St, 9th Floor, New York, NY 10016

DOWNLOAD 1,000s **FREE**



Visit Today!

EDUCATIONOPTION.COM

Your World of Education.



Don't let foot pain slow you down . Caring & Experienced Podiatrists Immediate appointments available

Dr. Afsaneh Latifi Dr. Walter Perez

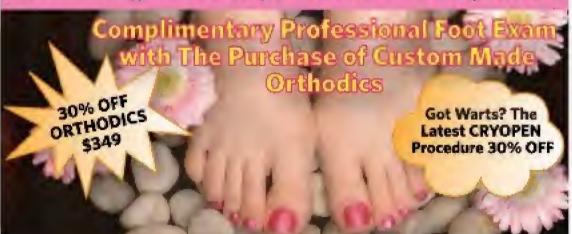
MIDTOWN OFFICE

62 W. 45th St. 2nd Fl (Between 5th and 6th Ave) New York, NY 10036

646-381-2568

- Prompt attention to podiatric emergencies
- Surgical evaluations
 Spa ambiance at our state of the art office

Medicare, local unions and most private insurances honored Additional offices in Brooklyn, Queens & Franklin Square, LI



(212) 772-DOCS (3627)



CITYMD

walk-in urgent medical care

CityMD... your health is important AND so is your time

Weekdays 8am-10pm • Weekends 9am-9pm

336 East 86th Street (Between 1st and 2nd Avenues) • NY, NY 10028 COME IN FOR A FIRST AID KIT! (212) 772-DOCS (3627) WWW.CITYMD.NET

- No appointment needed
- Experienced Emergency Room Doctor On-Site
- Open 365 Days A Year
- Servicing Children & Adults
- Most Insurance Gladly Accepted
- Walk-ins Welcome



CityMD Contact Info

Because there is so much to do in New Yorklook your best, feel your best.

> Cosmetic Plastic Surgery in a World Class Teaching Hospital

vailable in The New York Eye and Ear Infirmary's Postgraduate cosmetic Surgery Fellowship program at reasonable fees.

Consultation and follow-up care by appointment in our hospital-based office. Your surgery is by board eligible Plastic Surgeons and our Attending Staff of Board Certified Plastic Surgeons.

Fee range of \$3,500-\$4,750, total cost for these operations.

- Nasal plastic- primary or secondary
- Mini, short-scar and regular facial plastic [lifting]
- Otoplasty (correction of "bat" ears)
- Skin resurfacing & Fraxel re:pair laser
- Breast reduction. Also implants, gel or saline.
- Abdominal plastic (tummy tuck)
- Liposuction

Botox at a fee of \$350 per treatment area, as well as other fillers.



Continuum Health Partners, Inc.

Consultation appointments call

212-979-4493

Spanish- and Russian-speaking staff are available.

The New York Eye and Ear Infirmary 310 East 14th Street, New York, NY 10003

STATE OF THE ART FOOTCARE 2011

Non-invasive treatment of heel pain -**RADIO FREQUENCY**



Minimally invasive bunion corrective



Board Certified Podiatrists Dr. Steven Landman & Dr. Dean Spellman

www.1800foot123.com Free exam for all foot problems!

1800-foot-123 1800-366-8123

Office located in: New York City – E. 89th St. Uptown, Midtown, Downtown and Wall Street - Brooklyn, Bronx, Queens

NEW LOCATIONS...

Church Ave and Court St. in Brooklyn Jamaica Avenue in Queens – 125th St. in NYC

NEW LOCATION Harlem-125th St. Across from Applebees

Dipiomats American Board of Podiatric Surgery





Learn the language of business | Courses in finance, strategy, and marketing

Online and evening courses . Competitive tuition

Fall registration begins August 1.

www.extension.harvard.edu

mymetr@

18

NYC's #1 FREE DAILY

www.metro.us WEDNESDAY, JULY 20, 2011

mywellbeing



Calling all pasta lovers

If you enjoy eating spaghetti as much as we do, you might want to enter Dreamfields Pasta Salad Summer Extravaganza for a chance to win a case (12 boxes!) of Dreamfields pasta - all you need to do is submit your twist on regular old pasta salad. We like Dreamfields because of its impressive nutritional stats: 5 grams of fiber, 5 digestible carbs and a low glycemic index (good for keeping your blood sugar in check) per cup. Better get cooking — the last winner will be chosen before Labor Day. For more info, visit www.trydreamfields.com/pastasalad.

Today in medicine

Obesity and marriage

Study subjects: 169 newlywed couples under the age of 35 Location of study: U.S.

Results: Fox News reports that "researchers found men who had a [higher body mass index]. (BMI) than their wives were happier at the end of the four years, in essence, these husbands were more satisfied in their relationships when their wives were skinnier and the thinner wives were also significantly happier than other women in the study who had the same BMI as their husbands or higher."

Significance: "Women of any size can be happy in their relationships with the right partner," says researcher Andrea Melzer, "It's relative weight that matters, not absolute weight. It's not that they have to be small."



Grandparent versus parent drivers

Study subjects: 12,000 motor vehicle accidents involving children under age 15 Location of study: U.S.

Results: "A new study finds that kids may be safer when their grandparents drive than when morn and dad are behind the wheel," reports MSNBC.com. The journal Pediatrics found that "children in car crashes with grandparent drivers had half the risk of being injured as kids riding with their parents."

Significance: "About the only key difference between grandparents and parents involved the proper use of car-safety seats," concluded the article.

Binge drinking and brain development

Study subjects: Teenagers. Location of study: U.S. Results: "Binge drinking. impairs the spatial working. memory of teenagers. Girls appear especially vulnerable to these effects," reports WebMD. "Spatial working memory is the ability to perceive the space around you, remember and work with this information to perform a task, such as using a map or driving a car." Significance: Researchers concluded "that teenage girls may be more vulnerable to the toxic effects of binge drinking on the brain while males may be

O COMPILED BY LINDA CLARKE

more resilient."

New in stores

We've always loved the taste of Luden's Wild Cherry cough drops when our throats are feeling scratchy, so we were psyched to learn that Luden's has just introchoed a new Orange supplement drop, made with real crange juice and enriched with 100 percent of the daily recommended value of Vitamin C. Because it's a vitamin drop, the formula is nonmedicinal, but it will still coat your throat when you're feeling under the weather.





GET YOUR BEACH HOW MUCH CAN YOU BODY BACK

- TOP MD BOARD CERTIFIED INTERNIST-ADMINISTERED WEIGHT LOSS PROGRAM
- FAST, HEALTHY AND SAFE WEIGHT LOSS
- PROGRAM IS PERSONALIZED TO YOUR OWN METABOLISM AND LIFESTYLE
- WE USE LATEST TECHNOLOGY WITH NEW BODY COMPOSITION ANALYSIS (BCA)
- NEW FAT-BURNING COMPOUNDS
- 6 WEEK OR 12 WEEK PROGRAMS TAILORED FOR YOU
- ~ ACCELERATED PLANS AVAILABLE
- ~ PACKAGE PRICES AVAILABLE

*SCHEDULE YOUR \$35 CONSULTATION TODAY TO FIND OUT HOW MUCH WEIGHT YOU CAN LOSE IN 6 WEEKS

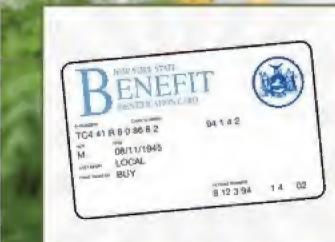
MANHATTAN MEDICAL

WEIGHT LOSS PHYSICIAN

110 EAST 40TH ST., SUITE 606 NEW YORK, NY 10016

(212) 490-7700

MANHATTANMEDICALWEIGHTLOSSPHYSICIAN.COM



FRESH, AFFORDABLE FOOD

GREENMARKET

Camble sus CUPONES COMIDA FRESCA Y ACCESIBLE

MERCADO AGRÍCOLA LOCAL



GO TO WWW.GROWNYC.ORG

myletters&games

Letters

letters@metro.us

Democrats will indeed pay tax

RE: "DEMS, PUT YOUR MONEY TO WORK": Last I checked. tax forms do not ask for party affiliation. If we raise taxes on the rich, that will include the Obamas, the Kennedys and all the other rich Democrats that are publicly calling to raise their taxes. JONATHAN BEATRICE, VIA E-MAIL

Like a typical right winger, Joan Bachman believes the national debt should be paid down by people who didn't cause it. I wonder if Ms. Bachman is any relation to the crazy woman in

Minnesota. She seems to have the same mindset. TERRY M. CALLEN, VIA E-MAIL

That's all we seem to hear about today, raising the debt ceiling, taxes, out-ofcontrol federal spending. There is already too much money flowing into Washington, it's a scandal all by itself. What the government needs is less money, not more. Cut spending. Are you listening?!

Lawmakers are to blame

FRANK ST GEORGE, NEW YORK

RE: "MILITARY NOT THE CUL-PRIT": The incompetence

of our intelligence agencies and our military adventurism are to blame for 9/11. Don't blame our troops; blame presidents and impotent Congresses who go to war without declarations and who feel the need to intervene in the internal affairs of foreign nations.

KELLY DONNOE, LYNBROOK.

Cross words:

The crossword for 18 July has the clue "Moonless period" and demands for the answer "daytime." This is utterly erroneous. As those who look up at the

Moon also rises

sky now and then are aware, the moon is often visible during the day, and often invisible at night. This is for the simple reason that the Earth spins on its axis every 24 hours while the moon orbits the Earth only once every 28 days, eric hamell, via e-mail

Big Man tribute well received

Hey Pat: Just listened to your podcast and your story about my uncle. It was really a nice tribute. I miss him a lot. ... Hearing how he touched others helps in the quiet moments. BIL CLEMONS, VIA E-MAIL

Note: Pat Healy's tribute to E Street Band saxophone player Clarence Clemons is featured in the July edition of the Metro Monthly Music Podcast. Listen at: www.metro.us/mixtape

Horoscope

Cancer Jame 21-July 22. Even if you believe your way of doing something is superior to that of others, don't impose your ideas on them. Listen, because you may learn a better way of accomplishing the goal. Ω Leo July 23-Aug. 22. Unless you take time to study what is involved, you could make a commitment that you'll regret. There might be a lot more to the job than it seems.

W Virgo Aug. 23-Sept. 22. Borrowing something of value might be a bad idea, but, if for some reason you must, be extremely careful about how the object is handled. Libra Sept. 23-Oct. 23. If you're en-

tertaining at your place and a guest brings along an uninvited friend who turns out to be a jerk, graclously ignore it. It could ruin the whole affair if it becomes an issue. III. Scorpio Oct. 24-Nov. 22. Should a dirty job be foisted upon you, take it In stride as best as you can. It will only make the situation worse if you

air it out in front of others. Sagittarius Nev. 23-Bec. 21. Circumstances similar to ones that existed in the past when you made a bad mistake might be occurring again. Take your cues from what you learned and handle it differently.

6

1

6

5

7

8

5

6

3

9

3

7

1

8

3

8

5

1

2

5

3

2

9

9

2

8

3

4

9

2

& Capricorn Dec. 22-Jan. 19. No one can live up to your expectations if your demands are unreasonable. Behonest about what you want, and don't ask another to do your job. Aquarlus Jan. 20-Feb. 19. Should a co-worker who is usually easy to get along with be a little testy, be forgiving, not vindictive. Toss aside all thoughts of getting even. H Pisces Feb. 20-March 20. There is a

good chance that an excursion that wasn't intended to be expensive could quickly get out of hand. Don't be a tightwad, but don't be foolishly extravagant either.

T Aries March 21-April 19. it isn't enough to have good intentions, you must think things through before simply reacting. Otherwise you could unintentionally do something that others would find offensive.

Taurus April 20-May 20. Keeping proper records could become imperative when you are called on the carpet to explain what and why you did something. If you want to win your case, leave nothing to memory.

II Gemini May 21-June 20. Mixing business with pleasure might turn out to be a bad mistake when a member of your group overdoses on food or wine. It won't generate the impression you wanted to make. BERNICE BEDE OSOL

words. Metro reserves the right to edit all letters.

Keep them as brief as possible, preferably under 100 Please include your name and contact information.

E-mail your letters: letters@metro.us

SHARE YOUR VIEWS ON THE WORLD OF NEWS, LEAVE **COMMENTS, RESPOND TO OPINIONS AND MUCH MORE**

∞ www.metr⊕.us

Across

- 1 lpso 6 Pack firmly
- 10 Might's partner
- 14 Hang down
- 15 Great Lakes port
- 16 importance 17 Lying still
- 18 Fuzz
- 19 Make much of
- 20 Leggy critter
- 22 Realty listing
- 23 Bad air
- 24 Tangled
- 25 Check for accuracy 29 Farm measure
- 31 Sci-fi Doctor
- 32 APB datum
- 33 Sand, sitt and clay 34 Chinese exercises (2.
- wds.)
- 38 Took off 40 Floor cleaner
- 42 Hideout
- 43 Legacy
- 46 RPM meter 49 Princess perturber
- 50 Actor Beatty 51 Mr. Gardner
- 52 Bogus Bach 53 Generosity
- 57 Wyatt the lawman 59 Diarist Nin
- 60 Blown away 65 Coniferous tree
- 66 SF transit system. 67 Powerful magnate
- 68 Sultan's cousin 69 Lotion additive
- 70 Us, to Paga
- 71 Young lady
- 72 Look after 73 Perplexed (2 wds.)
- Down I Acct, insurer
- 2 Drury Lane composer

- 43
- 3 "Fargo" director
- 4 Unlawful acts
- 5 Most favorable 6 Wire
- 7 Bone-dry
- 8 Ore sources

- 9 Kitten, maybe
- 10 Service-station supply (2 wds.)
- 11 Run __ of (cross) 12 Not idle (2 wds.)
- 33 Famous
- 21 Little bit, in Barcelona 45 MS. fixers
- 22 Merry sound (hyph.) 25 Yellowknife's terr.
- 26 Goodbye, to Gaius 27 Really skimps 28 William Howard
- 30 Act tike a ham 35 Yokums' creator
- 36 Scurried along 37 Where Ur is
- 39 Port near Gibraltar 41 Raised a family 44 Jeans go-withs
- 47 Dressed
- 48 Chamomile infusion (2 wds.)
- 53 Jacket feature 54 Soul
- 55 Rajahs' spouses 56 Marshy tract
- 58 Pencil end 61 Fairway club 62 66 and I-80
- 63 Repute 64 "Orinoco Flow" singer 66 Cave denizen

8 2 1 3 5 7 1 4 2 9 8 5 1 9 1 5 8 6 3 5 8 3 9 2 8 7 9 1 4

SUDOKU LEVEL: EASY

Solution to yesterday's

crossword



SUDOKU LEVEL: HARD

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

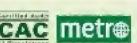


To advertise - phone: 646-792-8034 email sales: advertising@metro.us

METRO NEW YORK | Editor in Chief: Tony Metcalf tony.metcalf@metro.us, @edinchiefmetro | Managing Editor: Ron Varrial ron.varrial@metro.us | Features Editor: Amber Ray amber,ray@metro.us, @amberatmetro | Sports Editor: Mark Osborne mark.osborne@metro.us | Deputy Features/Careers/Books/ Travel editor: Dorothy Robinson dorothy, robinson@metro.us | Home/Style editor: Tina Chadha tina.chadha@metro.us | Film/Tech editor: Heidi Patalano heidi.patalano@metro.us

E-MAIL U5: letters@metro.us

As the world's largest global newspaper, Metro has more than 17 million readers in over 100 major cities in 17 countries • Metro New York, NY 10005 • mains 212 952-1500 • sales fam: 212 952-1505 • National Sales Cirector Bob Edmunds • Executive Sales Director Ed Abrams • U.S. Circulation Director loseph Lauletta • U.S. Marketing Director Priscilla Arguinzoni • e-mail sales: advertising@metro.us • distribution e-mail: distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damage whatspever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice.





in the news

Devils name coach

The New Jersey Devils have their man. The team announced yesterday they have hired Peter De-Boar as their new head coach. De-Boar leaves the Florida Panthers, where he won 103 games in three years. O DESCRIPTION (C)

Resurgent ace is now performing at a fraction of his first half self Is the feel-good story over? • Or is the big man still suffering from recent hamstring injury?



The Yankees figured heading into the season that if they could get 15 starts from Bartolo Colon, it was worth the small risk.

Perhaps it is not coincidental that Colon will

reach 15 starts right before the trade deadline or that his last two starts have been disastrous.

The Yankees are left to wonder if it is a blip or if reality is setting in on a pitcher who had not pitched in two years and who had not pitched consistently well since winning the Cy Young Award six years ago.

If it is not a blip, then the question is where do the Yankees go from here.

"He didn't have his good fastball. He didn't have the command he usually has,"

On TV today Yankees at Rays 7:10 p.m., YES

"I don't ever go through the what-ifs, what if you get this guy or that guy." JOE GIRARDI, ON THE POSSIBILITY

OF TRADING FOR A PITCHER

Yankees manager Joe Girardi said after Colon's first bad start. "He just wasn't sharp tonight and you're going to run through starts like that."

While the Yankees were awful defensively as Toronto scored eight runs — five unearned - in the first inning, Colon would be best served to deliver something similar to what most of his first 11 starts looked like.

Colon balls, even in the late in-

The Ubaldo option

YANKEES. If the decision is made that Colon or any starter - wou't be viable down the stretch and in the playoffs, the name being discussed in trade rumors is Colorado's Ubaldo Jimenez.

limenez is a year removed from winning 19 games, pitching a no-hitter and averaging 96 miles per hour on his fastball.

They have had scouts watching Jimenez, however, that trade doesn't appear likely since the asking price could be prized catching prospect Jesus Montero, and pitchers Manny Banuelos, Dellin Betances or Ivan Nova. O METRO/LE

DENTAL CENTER IN THE CHRYSLER BUILDING **42ND AND LEXINGTON**

All Comprehensive **Dental Services including:**

Lumineers & Porcelain Veneers

MPLANT \$1625 for implant, post Implants

Invisalign

888-711-0267

www.kakosiandental.com

Accepting All Major PPO Plans

MetLife, Cigno Aetna, Delta, Guardian, etc.

Coverage at 100% for U.N. Cigna PPO Members

0% Financing Available

ZOOM WHITENING FOR \$299







frequently pumped in 95 mph fastnings, during the first half.

In his second start off the DL, his 16 four-seam fastballs averaged 92 mph and his 16 two-seam fastballs averaged 90.3 mph.

Manager Joe Girardi said he didn't want to play the what-if game with reporters asking about a trade for starting pitching.

Instead of the what-ifs, the Yankees would like to say they can count on the good Colon.



Smith hopes for return to Jets

With lockout nearing end, free agency will come fast and furious

Eric Smith was one of the few players in the Jets locker room last season without a nickname. The soft-spoken safety is content sitting in the corner of the locker room and quietly watching as his teammates talk, shout and pull pranks.

Lockout talks progressing

NFL Members of the NFLPA and representatives from all 32 teams are reportedly in Washington today, ready if needed, to sign a CBA.

The final hurdle to ending the lockout is settling the multiple lawsuits filed by players still in court.

METRO

Dr. Paul Drucker, DPM

121 E. 60th St. Suite 3D

(between Lex & Park)

212-486-7333

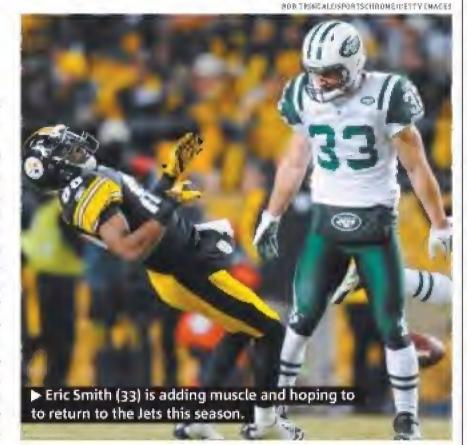
But now, Smith has a nickname. Just call him "Continental Sheif."

The nickname came about this offseason as Smith, set to enter his sixth year in the league, has added 12 pounds of muscle to his frame. Smith has spent the past couple weeks training with Jets teammates, including Bart Scott and Jerricho Cotchery, at TEST Sports Clubs.

TEST's owner Brian Martin points to Smith's trapezius muscle and gives it a squeeze. The Jets safety shows the line of muscle around his neck.

"It's like the continental shelf, right here," Martin said laughing, "It's unbelievable. His teammates can't believe how big he's gotten this offseason.

"It was a good opportu-



nity for me to get some work in," Smith told Metro. "I miss being around these guys and it was good to get football work in."

As a part of one of the league's best defenses,

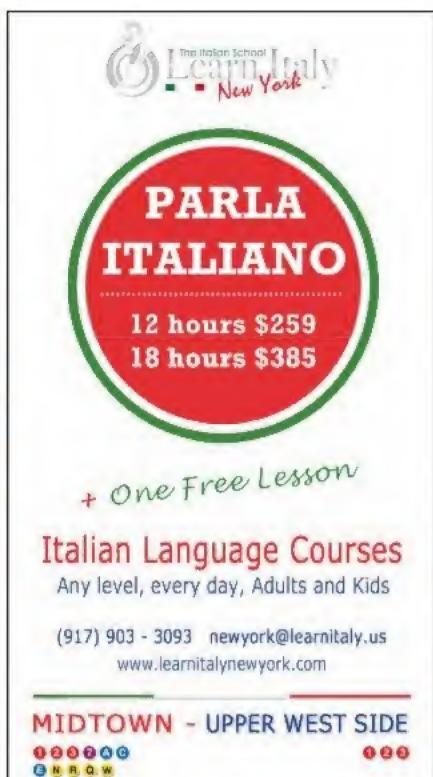
Dr. Ernest Levi, DPM

Midtown - Grand Central 30 E. 40th St., Suite 401

212-685-5100

Smith hopes to be a part of the Jets next year.

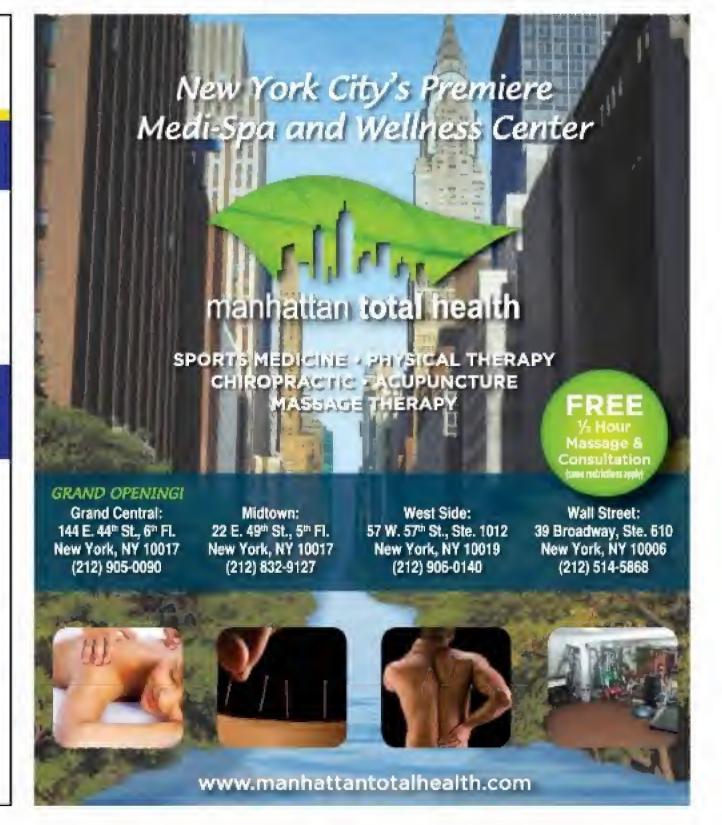
"I'd definitely like to be here, be a Jet next year," Smith said. "Especially with the defense we had last year." TRISTIAN DYER





"Accredized by the

Joint Commission



Nets schedule last in ersey

The Nets have one more go around before they become Brooklyn's

The NBA released the 2011-12 schedule yesterday — barring a prolonged lockout.

The Nets will open in



the nation's capital against ohn Wall and

the Wizards Nov. 2. They get right down to facing the defending

conference champions a week later.

They host Dallas Nov. 9, followed by a trip to Miami two days later.

Their final (regular season) game in Newark will be April 18 against the Bulls. O METRO

Knicks open with LeBron

The Knicks know who they will be facing next year. That is, if they will be facing anyone.

The NBA released the 2011-12 schedule yesterday in the midst of the league's lockout.

If you are an optimist though the Knicks will be opening their season Nov. 2 as they play host to LeBron James and the



Heat at 8 p.m.

The Knicks will have 29 appearances on national television. including a Christmas Day game against the Celtics on ESPN at noon.

They host the defending champion Mavericks Feb. 19. o метно

DIRECTORY

Medical

To place an ad call Brett Lurman at

646-792-8008 or email brett.lumnan@metro.us

DO YOU HAVE EMPHYSEMA, CHRONIC BRONCHITIS, OR COPD?

Columbia University is looking for participants for a lung disease research study. You are eligible to participant if you:

- . Are 50-79 years old
- Have emphysema, chronic bronchitis or COPD
- . Smoke or have smoked cigarettes in the past

Compensation \$100

212-305-6859 . Columbia University Medical Center

+++ Research Study for Bipolar Depression +++

BIPOLAR MEDICATION MANAGE THE HIGHS BETTER THAN THE LOWS?

If you're taking bipolar medication but still feel depressed, you may be able to take part in a local clinical research study.

Doctors are researching effectiveness and safety of an investigational drug.

Participants must be 18-65 years old and diagnosed with bipolar disorder. Health insurance is not required.

The study drug may be provided at no cost.

Compensation available up to \$500 for time and travel. Specific compensation amounts will vary by research site.

Do you have....

Pain, Swelling, tenderness in your joints?

Medex Healthcare Research is conducting a clinical research study of an investigational drug for potential treatment of gout. If you are 18-75 and have a history of gout or are currently experiencing gout symptoms, you may qualify to participate. As a study participant you will receive all study related care at no charge, including physical exams, lab services and study drug. Compensation for your time and travel will also be available. To learn how you can join other study participants, call

> **MEDEX HEALTHCARE RESEARCH** 646-722-6214 Ext. 707 www.medexhealth.net

our office today.

To advertise, call Albert Despaigne at 646-792-8004

DIRECTORY

Legal Services

EXPERIENCED ATTORNEY WORKING FOR YOU Bankruptcy

STOP: Foreclosure/garnishments/harassing telephone calls SAVE: Car, Home, Business **Loan Modification**

> DIVORCE/IMMIGRATION *** FREE CONSULTATION***

LAW OFFICE OF NARISSA A. JOSEPH 212-233-3060 277 Broadway, Suite 501, New York, NY

Live Life without Debt

Overwhelmed by credit card debt? Bankruptcy can be your new start Free Consultation Low Fees, Installments Personal, Caring Service

> Restart Your Financial Future! Jay Simon Attorney

718.222.4619 32 Court Street, Suite 805, Bklyn Call Today, Change Tomorrow

Bankruptcy 20+ YEARS EXPERIENCE

FREE TELEPHONE CONSULTATION JOSEPH L. FOX, ESQ. (212) 949-8300 www.joefoxlaw.com

60 E. 42ND STREET NEW YORK, NY 10165 Debt Relief Agency

\$635 TOTAL! YES IT'S TRUE

With or Without Signature . Child No court . Uncontested Lawguidescorp.com

FAST FRIENDLY SERVICE Since 1977 34 E. 39th Street, Suite 2B

2 | 2 - 687 - 5790

SERPE & ASSOCIATES, P.C. Bankruptcy, Debt Settlement & Home Loan Modification

FOR A FREE CONSULTATION CALL

212-725-3600

10 Years of Experience Serving New Yorkers 450 SEVENTH AVENUE AT 34TH STREET • SUITE 2601 **NEW YORK, NEW YORK 10123** ADDITIONAL OFFICE IN AMITYVILLE, LONG ISLAND

Health & Beauty

BLOOD PRESSURE?

high cholesterol overweight stress anxiety back neck joint pain chronic fatigue pinched nerve thyroid poor circulation ED cold-laser acupuncture massage physical therapy reiki

115W 30 St. #500B (btwn 6&7 Ave) for more HolisticElements.com details 212-764-3924 Accept 1199 aetna unitedhealth care blue cross neighborhood medicare metroplus affinity amerigroup cigna Oxford & more



Aue-Fel :10am- Zam #85un : 10am-10pm Asian Bodywork Table shower 62 W, 22 St. FL2(5th-6th Ave)













TO PLACE AN AD: 🗸 866-900-9473 🖝 WWW.URBANLIST.COM 🗳 NEWYORK@URBANLIST.COM

CLASSIFIED AD DEADLINE: 5PM TWO (2) BUSINESS DAYS BEFORE

PUBLICATION.

All channifed advertising is out-ect to the terms and condition of the applicable unbanded pate card and to approved and ac-sistence at Matro LPS option. Motive US reserves the right to act, reject, cancel or reclassify an ad, and reserves the right to consent any classified advertis-ing to alternative formats for use and publication in other Motre US publications, it in the advertisers, sole responsibility to check each ad the first day it is published. Motre US en-sures no responsibility for any resears, for any error or ornis-tics in each ad.

SPEGAZUNIO

All real estate advertising

PUBLISHERS NOTE

herein is subject to the

Federal Fair Housing Act of

1968 and state and local fair

housing laws. The Fair Ho-

using Act makes its liflegal

to advertise any preference,

limitations or discrimination

on the basis of race, color,

religion, sex, handicap,

familial status, or national

origin or an intention to

make any such preference.

limitation or discrimination.

State or local laws may

make unlawful advertising

that discriminates on the

basis of age, marital status,

or sexual orientation. Metro

US will not knowingly

accept any advertising for

real estate which violates

the law. The law requires

that all dwellings advertised

are available on an equal

opportunity basis. If you

discrimination, call the Long.

Island Housing Services at

1(800) 660-6920 in Long

Anti-Discrimination Center

at (212) 346-7600 in New

York City. To file a complaint

call HUD toll-free at (800)

669-9777 or the New York

City Commission on Human

HUGE 2 FAM 8 BR 4.5 BTH6, FIN

BSACT, GAS HEAT, BACK YARD

* * \$20% OWNER 516-842-4663 * *

BED STUY off Mostrand HUGE, RENOV

3 fam 3 br duplow 2/2, 4 biths, granital

tops, fig. barrd, Owner 347-465-6400.

EBST NY Brick 2 fornity (SECORE)

für bereit, SSK down on contract, no

closing cost, principals only. No oll.

aviet area, Call Owner; 718-614-8620

Rights at (212) 306-7500:

questions

housing

the

any

have

Island

Homes

regarding



Estate/Rent



Homes

2 FAMILY DET 101 JAMAKCA 6%, 3 kitchers, 3 baths, finished beent, private drawy. Only \$205K SB \$2000 OC, Coll Aconf 718749-3400

★ 16º SPRINGFIELD GARDENS ★ 1 Forn Det J Brs. 3 Full Biffs, Fig. Barnt, Put dravey, gor, ligiblyed, \$999K.

AAA CONDITION 5T ALBANS 2 formact 6% 5 faths, 3 kits, full fin bent, but strengt, \$1900 no sent, \$2500 DP DC Ast Ethan 917-577-802

#1 FAM DET CAMBRIA HTS \$150K, OBO., Call Josh 917-751-5281

JAMAICA 1 FAM, 3 BRS, 2 BTHS,

LAURELTON 130th Asc - I femily. Bank Foredosure 48k, Cape, 3 biths, big bligd, put drawy/gar, full barnt.

LAURELTON # 1 Form, Glose to All. 3 Bohm. 2.5 bits. Det. Bio Bland. Pvt Drywy, Low Down, Owner pays.

QUEENS VILLAGE FULLY RENOVA FANDET, I LO BRS, 1 BTHS, HOWD

Springfield Genders - Great Dealt 1 fam det, 4brs, 2 fblits, fin band, pvt drygen, Only Stalk, \$2000 DP/OC.

Sommefield Gains Shop Paraclosure

St Albums Bank Owned Ovrsad 2 for 1 fors 3 kills 40ths have lin barnt, pyt dryfgar, 61890/mb milge.

718-514-0094 Coll Act Cloude

JERSEY CITY 2 tom, 33 brs, 3 bits, leth, gar, parking for 2 cars, \$229,900

HUGUENOT AVE-1 for a defa AVD, high ranch, 4br. 2 i ba, Gavi

drywy, walking distunce to schools. & fromsa, \$559k, Owner 718-317-8082

599,000 Vecent Residential Let in wenderful area of Fresh Mendows/Flushing Queens. blocks from Union Turnsike Johns Univ. Hospitot. Call 917-668-5408.



CAMBRIA HTS = 1 Ports, Det, 4 BR, 3 Bits. Gor. Fully Rency, 5/5 & Granil Kill, Fin Bantl, Move in ASAP, Negotiable, Owner 681-375-2822

Owner Horry #17-803-804) #

4 BRs. 2 biths. für bernt, 2 car gar. 40x100, big bland. Low on powerent

FIN BSMT, PVT DRVMY, GAR, LG BACKMARD, \$1500 DOWNPAM. MENT, OWNER, 713-591-4899

\$165K, gay gredit, Owner 318755-5625

classing costs, Owner \$16-972-0866.

FLRS, FIN BSWT, PVT DRWWY, LG BKYD. + CAMER 90-50-770 +

ROSEDALE WON'T LAST!
I fam des, 4 BRs, 2 full ohns, par dire.
Prime location, Only \$1300 monthly payment, Coll Agt Dilly 716410-1264

Call Agent Negus 917-586-5895

1 family det. 3 bedring, 2 full batts, private dry, Only \$1598, \$2000 OC, Call Agt Mark 917-395-5912

\$2000th OC Agt Notine 367-563-2995

St Alberts Best Dealt 1 Fern Def 45rs, 2 full bitts, fin band, pvt dry & gar, \$1515 nro, mage, \$3000 DP, OC

View of Manhattan, für bernt witull Overes, 646 342-4063, 200-300-6074



Apartments

EAST TREMONT Newty Renov 1 Bdyru - \$1000 ± 2 Bdyru - \$1400. x 3 Bidrm - \$1400 - Elev Bilda, New Appls, Sec 8 ok. Manny 917-731-897 Herrie 3-7-423-3302 Robert 3-7-630-5100

NORTHEAST BX: 35R apt on 3rd fir walk-up of 2 tars had, own entrance, stameno por our ons & electric. moirent I moisec Owner 646/286 1610

PARKOHESTER VIGIN: 1 BR 464 in private house, Newly renovated, Nr. 46 train, references & credit check required. Owner 718-409-699

BED STUY - CLINTON HILL VIC. No Fibe & Program April \$1150 - \$1550 Studios to 3 BR Apris 开象 两种 600科 P JENKINS RUE.

CROWN HTS 574 Morelo \$1. 2 Br. Hwd firs, LR. DR & Elk. \$1200. Discounted Fee, 5975 sec.

Apartments

*E. Flotbush & Brookhm All Ariess * A Shugina 9900 & Up. ★1 BRA 9800 & Up. 42 BRS \$1000 & Up 4 0BRS \$1900 & Up C-51 ACHIEVERS 716-758-9600

E. NEW YORK * NEWLY RENOV 3 Br Apt - HPD & Sec 8 Passionale Home Sales 36-52-3526

FAR ROCKAWAY Nº NOSSOU CO. Lgc 1 Bidem Apt, 3 Rooms in wellkept Elevator Bldg, in Trans &. Shops \$1025tho. Owner 718-375-6302

ROCKAWAY PARK- Small, efficiency studio available. Util. & cable ind. segmo. Section 6YASH, HASA. accepted. Near Altrain & Q53 bus. Owner 90-4539624, 718-018 ****

QUEENS STUDIO and I BEDROOM APTS. Near Transportation Call 212-752-2670 from Pem-5pm.

BROWN 1 BEDROOM APTS, Starting at \$925 Transp.mear by. Call 212-752-2670 After Spm & Sat, Cell 347-346-8661.

No Fee large two bedroom apariment available in a 2 family home Jersey City. Journal Square area, 5 ninute walk to Journal Saucre PATH train.

201-423-4413

Condos

CONEY ISLAND- New, Juneary 2 BR Condo. Width to subway & boach, sprik! *** By OWNET 516-816-395 ***

Miscellaneous

NORTHEAST BX * LARGE FURN ROOM Share kit & bath, \$149kk, Male pre-Pd. Owner 646-514-558, 718-654-666

Rooms



RENT! CABLEJINTERNET READY! MOVE IN TODAY! ALL UTILITIES INC. JUST \$129WK! CALL US TODAY! (212)348-2897

AFFORDABLE FURNISHED ROOMS IN

UTILITIES INCLUDED GREAT AREA NEWLY RENOVATED \$125 PER WEEK MOVE IN SAME DAY CALL 212-862-0457



Art / Media / Writers

* DANCERS WANTED - FT.PT * ers 16 00 & oil Siers, Billingual (Spn) a =. Highest Connu. NO FEE REGIO. MAKEDIATE HIRE! Coll 646-766-607

RIOS WANTED - Wargazine needs kids 3 mos. to 16 years for upcoming features and covers, Call (2)2:65-2160.

Customer Service

ATTENDANTS / FRONT DESK NO EXPERIENCE

LOBBY STAFF NEEDED

ALL SHIFTS NO EXPREQUIRED

Miscellaneous

I Am Looking For Pvf Work As A. Certified Nursing Assistant, I Hove Yrs Exp & Art A Licerson CNA. References Available, 357-449-4005

HR / Recruiting

Security / Law Enforcement

** * AAA SECURITY *** Born up-to S700 wik. 18 & over. No exp. nec. Call H.R. 347-994-6673

> *AB ADVANCED GUARDS Wanted What be available intricolately. FT only, up to \$16,23hr. Contact Us ASAP: 645-236-8471

ACCESS CONTROL GUARDS. No expined, \$16,50hr. Call NOW! **★★★ 272-470-3914 ★★★**

ADVANCED GUARDS Staffling for NYC's highest ranking scouring firms. Up to slatter, ASAP! 大大大 Com 347-777-5154 大大大

BECOME A SECURITY OFFICER. Positions avoid asape Will train, up to \$16.25thr, no unidorm fees. 发生的 34.488 1605 发展的

FRONT DESK ATTENDANT Positions won't last! all hrs. FT:PT. up to \$14,118tr, whrain if qual, hatervicarina this work only ! 212-470-7006

LOBBY/CONCIERGE SECURITY. 32 immed, openings, Mornfolhermoon, overmight, 348 security. Work starts next wk., 718 781-3016 or 718 598-2438

EXAL NY GUARDS HAFE Protessional attitude, staffing all 5. boros. All shifts avail. Up to \$325 \$750Yaltily Coll HR 343-506-67.98.

SECURITY GUARDS WANTED BROOKLYN STAND UP! All other Boroughs welcome 98.25 Starting, (347) 565.3977

IQ TESTED

THE NEW YORK CITY TEST CENTER offers for a limited time, free intelligence and personality tests. Your IQ, personality and aptitude determine your future. Know them. No obligations

927 West 46th Street New York City, NY Phone: (212) 921-1210 days a week from 900 am - 10:00 pm

Healthcare

Are You HHA?

Looking to upgrade? Patient Care Technician CNA (Nurse Aide) **EKG & Philebotomy** Pharmacy Technician Medical Billing & Coding, CPR ACCESS CAREERS 25 Elm Pl, Suite 201

Brooklyn, NY 11201 718-643-9060 www.AccessCareers.Edu We Accept All Vouchers Job Placement Assistant Classes Starting Soon

ecurity / Law Enforcement

CALL NOW, (Open 7 Days)

AGA NYC SECURITY Unarmed & Armed Guards! Plistol Permit Services Avail. No Interviewing Call Today! 917-099-1085 970-5700

FT positions only, No license roald, Must be able to start ASAP! Contect HR: 718490-25%.

247 SECURITY No Expinosited Understed & Armed up to 3% on the Call Now 1 • 800 • 889 • 7643

Sales / Marketing

Jobs

Sciesperson Needed in Breaklyn Office base plus commission, look-ing for agaressive motivated people, will broin no experience needed multi blianguale a

plus empiblicax resume to resume@beckensmoving.com (212)656-1219 call ask for Joe/Victor (718)715-0837

General Help Wanted

★★ APPRENTICE BARTENCER★★ FREE Training if qualified 기교까? **** Bar Book Comp.

USSISTANT: PTFT ★ \$PAGEDIATE HIRE For New Boay Office, Edinguello —, Free Training, Na Exp Reg'd, \$1000 WMy Commission — Coll 037-7948-11

ATTENTION

Green Co. expanding-\$18 hp/g-sq. IMMEDIATE START Oustomer Relation reps reald No EXPERIENCE REGULATED Training proyaded, JTS-469-9530

ATTENTION LOOKING FOR MOTIVATED ENTHUSIASTIC PEOPLE 1000 / WICAVG — daily & week! bonuces, residuals payments. ales experience not required bu an asset. Long term commitment hast track advangement dor proven liebulen For Interview call 1-366-339-3829

ATTENTION-New Office Opening start Immediately, International

Co. Has Openings REGISTRATION AGENTS No Exp Required. Average \$178hr

1-866-484-5003

±± AUTO MECHANIC ± Must have Driv & NYS Inspectors Lic. 5 yrs con. Own Tools. Skilyn S. Qrs. loc. Coll Nick; 716-891-1550

AUTO MECHANIC To frein for regret, position, NYS drivers list Valley Stream. Call (2004) 7-62300

BOUNTY HUNTERS WANTED!!! Rea. Fee \$7.90,00 - \$100,00 off wind Bounty Hunter Training Acad offers tactical training for two employment 845-362-3433 www.beta-us.org

BRANCH MANAGER For local community bank in Brooklyn, West have 3.5 years exp. Send resume to: humannesources@urosscountrucore Equal Opportunity Employer

* CASHIER * 2 years experience, 292 Broadway, Between 112th & 143th St, NYC. Call after 3PML 212-665-9500

ELEVATOR DIRECTOR

Elev, ap is section a licensed. N™C Elevator Director. Fax resume to, 318,792,1640

ELEVATOR HELPER N. Brono: co. Wust have mechanical or electrical exp and valid drivers Aigense, Riets read, Good britts. Fax 718/3657496, Call 718/365/7679

* * IMMEDIATE OPENINGS * * 521.67 Am avo

International Environmental Co. Now Open in Low Mants. Registration Agents Industry instruction Provided, 212-346-9710

General Help Wanted

EXECUTIVE CHAUFFEUR- PART-TIME

BoslerCoach is offering a \$500.00 sign on bonus. Positions available of 512516hr, Available shifted AV., PVV, halidays and weekends. Pleidbility is essential?
We offer poid training, benefits and the opportunity to work with cultime-edge ground transportation to. Nucl be III. have clean driving record. passidrug lest & background check, and be able to obtain a TLC ficense. Photos loin us for one exciting information session. Altendance is required. Tuesdays or Thoradays at H::00 am or 5:00 pm July 5 7, 12 14, 21. 23. 28 Address: 44-12.5" in Ave. Asseptit, NY. Cell (1878-59-40)6

Please do not submit resume. EOE Entrolsver FREIGHT FORWARDER - Socking responsible condidate with good.

for directions. Email questions to

tricio harvevelhostorococh com

Fax resumes 7 18995-49名 Inside/Outside Sale Representatives needed. Sales can profid billingugt a plus. Besc:Base — Comm. Email

Communication & Customer Service.

resumes to; mazinudetta@gmail.com TILE CREW - Flooring Co seeks EXP'D sub-contractors for file surface installation. Noust be able to pass background and fluent English, Call John 631-231-339.

TIRE RETREAD PERSON Most have exp. Bronk loc. Apply in persons 3433 Detayall Ave. Brone 10x75; 718 324 5200

Training

10A AAAH € CITY Mon-Sat Str. Pro-18hr OUT"Ann Fire Gd"Metal Det" tern SG Lik plag "Pietal Lik, Prop 5065 385-821-1020, 303 Alfred 24 4980 5889

10 A at Blue Steel Security Same Day Certs Walk-in, Job-Plant Shv18hr/ Armillow Prescipping General Deb47hr Armed Cun License Service -397 Bridge St. Coll 343-43-915

FRAGUAROS MEEDED All shifts ovoilable immed!

Global Security, 718-449-4300 SECURITY GUARD TRAINING Job Placement Assistance 845-949-1457

87mH6ftmFire Georg/Victol Dot

Loss Prevention/ Anti Tersorism EXTERNIMATION/Termite License

NYS Approved 5 days. Jobs/big Fine's olid. ii quality 24tr779-265-0667/800-220-5-44

Transportation / Travel

DRIVERS-Braynico, CDC, "BPS" Lic. req. Board of ED & pyt work, FT/PT Spon, for BOE cort Apply 141 Hinsdate (Philin/Glenmore) 318-85-8002

DRIVERS OTR Class A necest for food rafe. Min I or 2 years exp. & a clean driving record. Pay compensate with exp. Creat benefits. Se habita Espanol. Apply in person; 60 Davids Drive, Hauppquee, 141 11749 on email resume to or tax (40-20-42)

Pets

₩ ADGRABLE YORKIE PUPPIES **₩** CALL TRACY 718 238-1515

ENGLISH BULLDOG PUPS 12 vereks etcl. all shots, figalth cort. parents on premi. Priced to set!! 45 min to NYC. Call Blio, 和多数设备的

* * FRENCH BUILDING PUPPES * * MateFierrate, Shots, Papers Litetime Guarantes, Call Owner 347-4437418

* * SHH-TZU PUPPES * * Toy & Imperial Sizes, All Colors Call 718 236 757

* * YORKUE PUPPLES * * Adorable Toy & Tea Opp Sizes

♥ YORKIE PUPPIES FOR SALE ♥

Toy & Teacup sizes. Calt 718-259-2295

Call 718 331-0977



Business Opportunities



Generate \$1,000 in days not weeks returning phone costs to selling my 1st month line ceived \$34,000 banker Joe IRS appreved 500-655-5821 www.networkendgetcashfoo



Social Announcements

NEED PARENTS OF CHILDREN WITH AUTISM TO INTERVIEW FOR FILM

WE NEED PARENTS OF CHILDREN WITH AUTISM TO INTERVIEW FOR A DOCUMENTARY TO HELP OTHERS AFFECTED BY THIS COMPLEX DISOR DER. WE INVITE PAR-ENTS OF ANY CHILD WITH AUTISM TO PARTIC. IPATE. REGARDLESS OF WHETHER YOUR CHILD IS LOW OR HIGH FUNC-TIONING. WE ARE ESPE-CIALLY LOOKING FOR NEWLY DIAGNOSED FAM-NEWLY DIAGNOSED FAM-ILIES AND FAMILIES WITH CHILDREN JUST ENTERING THEIR TEENS. IT IS A REQUIREMENT THAT FATHERS BE A PART OF THE INTER-VIEW, ALL REPLIES ARE STRUCKY COMEIGNE.

STRICTLY CONFIDEN-TIAL. WE WILL CONTACT YOUR FOR A PRELIMINARY PHONE INTERVIEW. PLEASE INCLUDE:

1: AGE AND SEX OF CHILD 2: AGE THE CHILD WAS DIAGNOSED ON THE AUTISM SPECTRUM 3: PARENTS' AGE AND STATUS IMARRIED, SEPA-RATED, ETC....) 41 ETHNICITY AND RELI-

TION (TELEPHONE AND) OR EMAIL TO SET UP AN INTERVIEW

GION 5) CONTACT INFORMA-

REPLY TO AUTISTICDOCUMENTARY OGMAIL.COM BY JULY BOTH OR 212-360-1912.

urbanlistoom

SECURITY JOBS THIS WEEK UNARMED TO SIRHE - ASAP





** 1-800-970-5903 **

SUPERVISOR & SECURITY OFFICERS Esperience a plus, Marure condidores, \$ pr 545120r. Shart Bowl. Calif.718-208-1779

Open enreisment for cerparate positions, lobby atlendants, and front desk esents. Will train 212-470-0100/718-600-4510

NO EXPERIENCE REQUIRED, PAYING CALL HR 347-246-9305

TO PLACE AN AD: 🗸 866-900-9473 🖝 WWW.URBANLIST.COM 🗳 NEWYORK@URBANLIST.COM

SMART PHONE

USERS:

CLASSIFIED AD DEADLINE: 5PM TWO (2) BUSINESS PUBLICATION.

DAYS BEFORE



Career Training







(8th Ave and 31st Street)

www.tcicollege.edu



888-701-0937

View what Robert F. Kennedy, Jr. has to say about TCI College Call Today or visit

www.tcicollege.edu



TCI...The College of Technology 320 West 31st Street, New York, NY 10001

(8th Ave and 31st Street)





CARDIOVASCULAR TECHNOLOGYT get the State ward by Priscand ergiujón Technicario. Pimentali, & Emergency Proce Protectors Laboratory Technicians Cleric Sectoricans

(ALL NPW to information)

846-801-2333

Sanford Brown Institute - Lander City, NY
Livensed by the Flow Rosk
State Balance or Department

Job Training! Learn the skills you need that ran tiels you get the job you want. Ask on about Hinsectal Aid. available for these who qualify Medical Assistant Business Administration And more: Tour new He awated (all right am 886-728-9333 SBI Campes - an affiliate Of Santard-Brown Melville, NY

sunfertibrown edu

LINNING LECTURE DANS With training born Santoni-Brown get the Skills used by Pharmacy Federicles - Medical Hospitals Physical and Day Store. Mail Order Pharmanies taro Group Pharmacles CASA, NOW for Inform 866-601-2333 Seriora Brown Institute - Seriora City, NY Learned by the Mou York State Education Department

CALL NOW

as a Medical Assistant. What's holding you back? A simple phone call could change your life.

888-728-9333 Sanford-Brown Institute Melville, NY

senforcerown.edu

NO HIGH SCHOOL DIPLOMA - TCI CAN HELP! TCI has found that many mature students who do not have a high school diploma or GED, but have life experience and are dedicated to attending classes regularly, can succeed in earning a high school equivalency from New York State at the same time they earn their Associate's Degree. Student's receive access to laptop computers VA APPROVED to enhance their learning experience. Financial aid to those who qualify. **Call Today** 888-241-2243 or visit www.tcicollege.edu

New Site In Brooklyn Technical Career Institutes 320 West 31st Street, New York, NY 10001

8th Ave and 31st Street)

Phone Services



Psychic

866-900-9473

Services

U urbanist.com

BETHIO AFRICAN **PSYCHIC** 646-338-9719 HE WILL ADVISE ON LOVE MARRIAGE, BRING BACK

Careers

de lowaitte



try for free



HIGH SCHOOL DIPLOMA FROM HOME

6-8 weeks accredited Get a Diploma! Get a Job! Call 24/7 for free brochure 1-800-264-8330 www.diplomafromhome.com Benjamin Franklin High School

Phone Services

Services

night exchange

FREE.

TRIAL

212.949.8844

Legal

NOTICE OF FORMATION OF

Intelligent E, LLC:

Articles of Organization filed

with Secretary of State of NY

(SSNY) on 05/21/2011. Office

ocation: New York County.

SSNY designated as agent

of LLC upon whom process

against it may be served.

SSNY shall mail process to:

250 W. 57th St., Suite 2331

New York, NY 10107 which

is also the principal business

location. Purpose: Any lawful

Notices

Hurry



Download any barcode/ QR code scanner app.

Launch app & scan code.





Cars

EZ ORBOTALBASE! AS LON AS 1914! ★ PENNSYLVANIA NEWYUSED CARS ★ ALLICAEDIT BANKAUPTCY, AEPO, ETC. FREE RIDE! FREE WARRANTY! PAUL 804013011 CELL 917-763-8929

Miscellaneous

AN INDOOR, CLEAN GARAGE FOR RENT, SLODIng, on Newtown Rd., in Astoria, bet. 48st & 42nd St. Please call /18/20/40834 Re Same

Parts & Accessories

* CLASSIC MOPAR MAGNUMS * Rims, 14" very good cond, now center caps, new trien rings, new lug nuts, \$800 neg. 646-657-4979

HOLIDAY RAWBLER NAVICATION 2000±12' Long. 500 HP Diesel Pusher, Class A. 63k mi. Slide outs, 6 spielec frontic Allison fransmission. Full Air Suspension, steeps 5, teveline looks, Backup Camera, 3 awnings, excl cond., price to self \$20s. Call Owner 212-329-10:07 freeSan@hutmail.com



Collectibles

US COINS WANTED Gov! proof/mint sets Orig boxes Raro coins/Estate Jewelry 212-642-4324 Midtown

Miscellaneous

Hot tub - 2010/sodel , 51 liets, opone, waterfall, ricod lights, fully loaded, never used, whitig, warranty. Retail \$8100, \$411 \$2790, Qoll 212-804-9098

Buying All Diabetic Test Strips Cash paid, 646-400-5270 WE BEAT ALL COMPETITION PRICES!

SSS CASH PAID SSS 888-415-0796 Extra DIABETIC TEST strips Acros Check, One Touch Preestyle







Market watch



\$250K 152 E. 118th St.

The cheapest property listed this week is a one-bedroom co-op at 152 E. 118th St. — the Embelesar 118. The income-restricted unit, with 12 months of maintenance or closing costs being paid for by the sponsor, is listed by Corcoran for \$250,000.



\$29M

960 Fifth Ave.
The most expensive property this week is a duplex at 960 Fifth Ave. A four-bedroom co-op in a full-service building, it offers a health club that overlooks the park. It's listed for \$29M by Brown Harris Stevens.

STREET

StreetEasy.com is a New York-based real estate Information partial that aggregates the most comprehensive set of sale and rental listings along with other useful info.

PARKCHESTER

MONTH RENT

ON 1 BEDROOM APTS AS LOW AS \$950 PER MO

2 BEDROOM APTS AS LOW AS \$1300 PER MO

These are large apts with unbelievable features and amenities. FiOS and high speed internet connections are available. New York City living in park like community 30 minutes from midtown via MTA #6 subway or fast frequent MTA Express Buses.

718-412-4695

SEE OUR MODEL APTS AND OUR Premier APARTMENT COLLECTION

OPEN HOUSE: TUES & THURS 5:00PM-7:45PM, SAT 9:00AM-12:45PM



www.parkchesternyc.com

JULY 31



DISCOVER STUYVESANT TOWN.

windowed, modern kitchens, and custom bathrooms • Steps from the East River and the City's finest dining and shopping • A sophisticated selection of services, amenities and events • Utilities included • Pet-friendly

UP TO 2 MONTHS FREE RENT* • NO FEE

- 1 BEDROOMS FROM \$2,880 2 BEDROOMS FROM \$3,500
- 3 BEDROOMS FROM \$5,000

MENTION YOU SAW THIS AD IN METRO FOR ADDITIONAL LEASING INCENTIVES!





SCAN ME

Leasing Office; 252 First Avenue @ 15th Street



(888) 696-0840 stuytown.com

VISIT PCVST.COM TO FIND OUT MORE ABOUT OUR JULY 30™ MUSIC FESTIVAL FEATURING ACCLAIMED SINGER-SONGWRITERS:









advertisement WEDNESDAY, JULY 20, 2011



ONE MONTH FREE RENT* **NO FEE Apartments**

1 Bedrooms from \$3,280

2 Bedrooms from \$4,325 *Net effective rents

eter Cooper Village's gracious, modern apartments feature oversized living areas and separate dining areas ideal for entertaining, with high ceilings and large windows in every room. Windowed, eat-in kitchens include sophisticated finishes and state-of-the-art appliances. Marble bathrooms are beautifully appointed and equipped with abundant storage space. Master bedrooms are designed to accommodate king-size beds in addition to home offices or seating areas. Closet space is expansive throughout. Hardwood floors are available in ebony or natural, as residents may choose between Modern or Classic finishes.

THIS IS GREAT!

Peter Cooper Village offers the ultimateManhattanexperiencejust steps from the City's most dynamic neighborhoods; an exquisitely landscaped 80-acre private park, offering residents premier services and amenities. Experience the best restaurants, shopping, and entertainment that Gramercy, Union Square, and Flatiron have to offer; or stay home and enjoy a wide array of social events, the seasonal greenmarket, live music, movies, and food fairs, or play on one of the many athletic courts, including: basketball, bocce, and paddle tennis.





To learn more about Peter Cooper Village, call or visit the leasing office:(888) 641-3215 • petercoopernyc.com 252 First Avenue @ 15h Street

Mention you saw this ad in Metro for additional leasing incentives!

Apartment search countdown

Our real estate insider, Jared Kleinstein of StreetEasy.com, breaks down your apartment-search game plan • How to find your dream pad no matter your time frame

Search all year

If you even have a small inkling that you could move at the end of your lease or earlier, keep your eyes and ears peeled. Whenever you're at a friend's building and you like the place, take down the address and/or management company's name. If you'll be living with roommates or a spouse, encourage them to do the same, possibly on a shared Google Doc. Also, play around on real estate websites looking at market prices in the area. Sites such as StreetEasy.com and NYbits.com post listings with only real addresses.



More tips from the pros

"Keep your paperwork ready," says Takk Yamaguchi, a sales agent at Town Residential. "Have copies of your two most current bank statements, an employment verification letter and the first two pages of your tax returns. Also, by to get a reference from your landlord with a company letterhead. Bug them ahead of time; make sure it shows how long you've been living there and [that] you have been in good financial standing."

Countdown

If you have 60-45 days:

Use this time to figure out exactly what you're looking for, and make sure any roommate organization is solved. You should be ready to expand your budget 15 percent as well as expand the radius of your neighborhood search a few blocks to the North, East, South and West of

where you want to be. This is NYC, so when you find an apartment you love, you can't drag your feet because it's more than a few blocks away from your favorite park.

With 45 days left to go:

The best time to look for properties is 45 days before your move-in date; it's when brokers are allowed to start posting their listings for the next month. Scour the

Internet, being mindful of scams (never write a check until you've seen the unit). and if you see a place that looks like a good fit, call the listing agent or management company immediately to schedule a visit. Many of the best places will be gone within a day of being listed. For every place you see, make sure you are aware of any fees, which are typically 15 percent, but often can be negotiated down to one month's rent, depending on who you're working

Two weeks until move-in:

Now you're in crunch time. Rather than trying to manage your own search, contact a rental broker. Real estate agents have the time, contacts and scheduling powers that you may not have at this juncture. Find an agent based on recommendations from friend or coworkers. Also, take your search to social media sites such as Facebook or Twitter.

Attention Property Managers & Owners

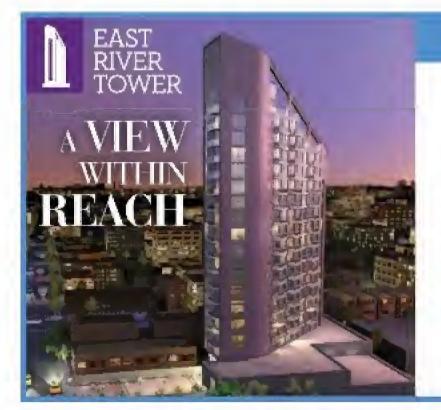
Would you like to have ZABARS.com on your list of amenities?



Contact Russ at

Rgoldshine@zabars.com

or Call him at 212-787-2000, ext.109



Reduced Prices Start at \$349,000

Located at 11-24 31ST Avenue in Long Island City, this soaring, 19-story, contemporary "Sculpture" offers 1 and 2 bedroom Condos with breathtaking views of Manhattan from every unit. The Price, the View, the Proximity to Manhattan, a sound investment in any market and a buyer's dream come true! **15-year tax abatement**.

NEW HOURS • Wed. & Thurs. 4 - 7 pm, Sat. & Sun. 12 - 4 pm

KATHY ORIOLI

Licensed Associate Broker * kathy.orioli@elliman.com

IRENE RACANELLI

Licensed Salesperson • irene.racanelli@elliman.com

The complete offering terms are in an offering plan available from sponsor. File #CD08-0648.

Douglas Elliman DEVELOPMENTS

(877) 391-9012

THE NEW ELLIMAN.COM

©2311 Frudential Financial, Inc., and its related entities. An independently owned and operated broker more benefit in Frudential Financial, Inc. a Frudential Financial, Company Frudential togo and the Frudential Financial, Inc. and its related entities, registeered in many jurisdictions workwide. Used under ticense. Equal Housing Opportunity

NY sellers are getting greedy



Convinced of recovery, some sellers are trying to leapfrog comps

When the real estate market crashed, tales of lowball offers abounded in New York: Buyers were demanding discounts of up to 30 percent off asking prices.

But in this steadier, if somewhat uncertain market, some say another frustration has emerged. Sellers, emboldened by the market's relative improvement, are now the ones

"I don't think sellers realize how closely tied they are to what's sold in the building. That comp is never going to go away."
PATRICIA LEVAN, PRESIDENT OF LEVAN REAL ESTATE IN MANHATTAN

pushing their luck.

While brokers and analysts agree that the market is still fragile, they say some sellers are getting greedy.

"Some sellers are demanding unrealistic prices," said Patricia Levan, president of Levan Real Estate.

Levan recently parted ways with a client who was selling a condo unit at 212 E. 47th St. The apartment which was originally listed at \$765,000 and later reduced to \$745,000 - had no offers. The problem, Levan said, was that an apartment on the same line (and renovated) had sold for \$675,000 in the fall. The seller, however, wrote off that lower comparable and refused to lower the price. Eventually, the seller pulled

Experts are not quite as optimistic as the sellers

Jonathan Miller, president and CEO of the appraisal and consulting firm Miller Samuel, refused to even use the word "recovery" to describe the current market.

the unit off the market.

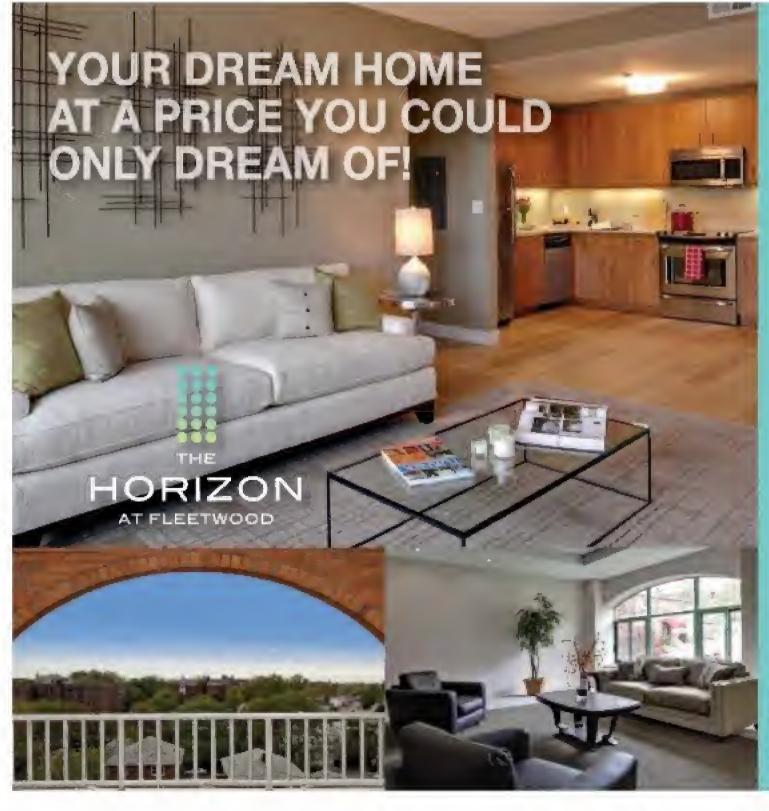
The case, Levan said, illustrates that more sellers are rejecting sales comps from the downturn because they believe they can find buyers to pay more.

"I don't think sellers realize how closely tied they are to what's sold in their building," she said. "That comp is "It's a consistent, stable market — not a booming market — certainly far better than it was a couple years ago, and the word for that is 'rebound,' not 'recovery,'" Miller said, adding, "When I hear the word 'recovery,' to me it implies that we've recovered, and the market's going to go up now, and I contend that we don't really know."

really never going to go away. Maybe in a really good market it'll be more overlooked, but right now, it's not." JAKE MOONEY/THE REAL DEAL

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THEREALDEAL



You're not dreaming. Luxury is affordable at The Horizon,

with starting prices for 1 bedrooms from \$239,000 and 2 Bedrooms from \$325,000.

- Stainless steel appliances
- Kohler fixtures
- Chroma Quartz countertops
- Bosch washers & dryers
- 9' ceilings
- Balconies & Bay windows
- Fireplace lit library
- Indoor parking included
- Rooftop terrace
- Life Fitness equipped gym
- · Landscaped patios & gardens
- . Steps to Metro North
- 20 minutes to Manhattan and much much more!

Monthly payments under \$2000*

Why rent when you can own this exceptional condominium.

FHA APPROVED | ONLY 3.5% DOWN.

For more information and a private showing, contact Bob Hooley, Director of Sales: sales@horizonfleetwood.com
www.horizonfleetwood.com • 914.827.5842

Exclusive Sales & Marketing: HOULIHAN LAWRENCE PROJECT MARKETING



Sponsor: 590 Locust Development Partners, LLC, 335 Center Avenue, Mamaroneck NY 10543. This advertisement is not an offering. The complete offering tents are in an offering plan smallable from the sponsor. File No. CD 110016. "Payment is based on a 4.5% 30 Year Fixed Rate FHA Mortgage (5.368% APR) and includes principal/interest, taxes, insurance and monthly HOA. Rates and terms subject to change. Available to qualified boyers only.







OPEN 7 DAYS • LEGENDARY SERVICE • HASSLE-FREE BANKING

Downtown Chic' on

Cortney Novogratz clues us in on the funky, cool aesthetic she shares with her husband Their new show on HGTV has even more tips for hip looks that won't break the bank

ast year on Bravo's "9 by Design," watched Cortney JNovogratz redecorate and flip multimillion dollar houses with hubby Robert, star in a reality show (you can now catch the trendy family in their new HGTV gig "Home by Novogratz," Saturday nights at 10) and put out a book, "Downtown Chic," all while being a mom to seven - yes, seven! — children. The lady is Superwoman. We happily take notes as she teaches us how to attack a flea market like a DWR clearance sale.

Express yourself

"All of the retail shops have the same items. and so for our homes and our wardrobes to be unique, we have to find one-of-a-kind pieces, which the flea market allows us. You'll really like it if someone comes to your home and they can tell who you are, and your house is a reflection of who you are."



The rules

"I always bring cash. And there is nothing wrong with saying, 'Oh, I would like this to be cheaper. Can you give me a better deal?' Most people will negotiate with you - so never ever settle with the initial price."

Flea marketing with kids

"With my daughters, or any other children for that matter, kids get tired. So to keep them interested, we started collecting something together. They've been collecting paintings of girls and women, which we keep adding to a wall. So that's fun, and it bought me a little more time to shop while they would look for those paintings."





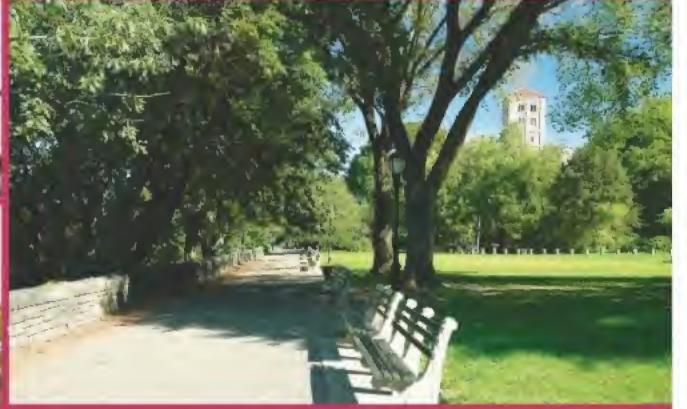
Roomy residences, lush location, superior value.











Co-op residences with no board approval

I BRs from \$260K • 2 BRs from \$355K • LIMITED AVAILABILITY

PARK VIEWS STEPS FROM SUBWAY PET FRIENDLY MINUTES FROM MIDTOWN BROKERS WELCOME

OPEN HOUSE SUNDAY IPM - 4PM

Office Hours M - Th 10am - 7pm, Fri 10am - 4pm Shown weekdays by appointment

For more information contact Liesel Cadet, Sales Director, at lcadet@fort-tryon.com



4489 Broadway, New York, NY 212.942.0009 • www.fort-tryon.com









a dime



Design ideas



Don't know where to start? Novogratz offers simple design ideas to keep in mind while navigating a flea market.

- 1. Hooks, "You can go to the chain store and buy them, but if you find antique hooks - which you can put on the back of your door, or in the bathroom or hang jewelry from they're going to be something unique and different."
- 2. Mirrors. "Buy a bunch of different funky mirrors. Like for one weekend, you may find an old, antique mirror, and for the next weekend.

you find a mirror that is from the '50s, and you can create a collage in your apartment. This will also make the room seem a little bigger and deeper. And each time you look in that mirror, you're going to think about which flea market you got it from and the history behind it."

3. Old baskets, "Whether it's a basket that used to hold mail or newspaper, you can reinvent it with some paint and lacquer. Then you can store toilet paper in it - or your towels or your shoes. It's something cool and different."

Favorite fleas

"I like the one in Fort Green, Brooklyn (Brooklyn Flea]. My kitchen chairs came from there, but now it is gotten a little more 'food-y,' and I'm struggling with that."

- "Brimfield, in Massachusetts. I can spend days there."
- "Dixie Highway, in West Palm Beach. There are tons of antiques dealers there."
- The Hamptons has tag sales every weekend. They run in the newspaper. You need to get there early though, because the better things go fast."

A CONDOMINIUM



Did you hear about "23"?

Lofts • 1, 2 & 3 Bedroom Condos • 2-story Penthouses Affordably priced from \$321K-\$2.8M.

The ONLY Center City Philadelphia Condominium that offers in-house financing, special incentives and reduced pricing.



Up to 90% down - 30 year fixed Low Interest Mortgages No PMI - No Points 11/2 blocks from Amtrak 30th St. Station

2% Transfer tax waived 10-year tax abatement \$200/mo. indoor parking

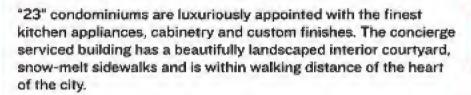
Open daily & weekends 11AM-5PM 23 South 23rd Street • 215.564.2333

turchiproperties.com



ADVERTORIAL

Life should be lived to the fullest, don't you think? In these economic times, doesn't it make sense to maximize life's enjoyment and minimize its stress? Start eliminating some of life's pressures by taking a look at "23" A Condominium in Philadelphia. It's as little as 7I short minutes away. That's all you need to travel from Penn Station to 30th Street station in Philadelphia; just a few short blocks from Philadelphia's premier condominium opportunity. On Amtrak's Acela trains, you can use the time wisely; they're all equipped



with free wifi and power outlets in every seat.

(starting at \$309 per square foot).

Unlike other condominiums in the city, creative, in-house financing is unique to "23". When you purchase a condominium at "23" there are no closing costs other than pre-paid items. Transfer tax is waived; low interest rates are available at 3.99%, 4.99% and 5.99%, only 10% down for a 30 year, no PMI, no points, and a full 10-year tax abatement. And these financing opportunities are available for homes of 784 square feet to 4,995 square feet

So take a ride down to Philly and see how much farther your dollar can go. Bring your laptop and get some work done. Or just relax; you're almost home.

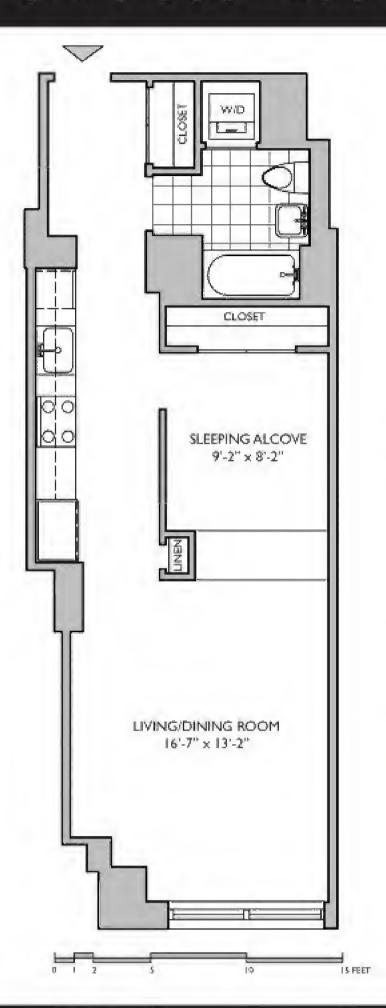
Visit us on line www.turchiproperties.com and take a look at our new and improved website. A variety of floor plans, photos and descriptions are available. Read testimonials from our home owners that confirm why "23" was their top choice. While you are there take a look at other Turchi Properties for sale and rent. You can send a request on line or call us with any questions at 2(5-564-2333.

The site is open daily and weekends from II:00am to 5:00pm. Starting from \$321,500. to \$2.8M.

23 S. 23rd Street • Philadelphia, Pa 19103

YOU WILL LOVE LIVING AT ORO

SPACIOUS ALCOVE STUDIOS PRICED FROM \$374,000











OVER 75% SOLD AND OVER 65% CLOSED

GRACIOUS LOBBY • 24-HOUR CONCIERGE • RESIDENT LOUNGE WITH WET BAR AND SCREENING ROOM 2-STORY FITNESS CENTER WITH BASKETBALL COURT • INDOOR LAP POOL • PANORAMIC MANHATTAN AND BROOKLYN VIEWS • PRE-APPROVED FOR FHA FINANCING

ALCOVE STUDIOS FROM \$374,000 • 1 BEDROOMS FROM \$495,000 • 2 BEDROOMS FROM \$550,000

OroCondos.com | (866) 396-4358

SALES OFFICE OPEN 7 DAYS | Mon-Fri 10 am - 6 pm | Sat-Sun 11 am - 6 pm
Appointments preferred, walk-ins welcome | IMMEDIATE CLOSINGS | 15-year 421a Tax Abatement

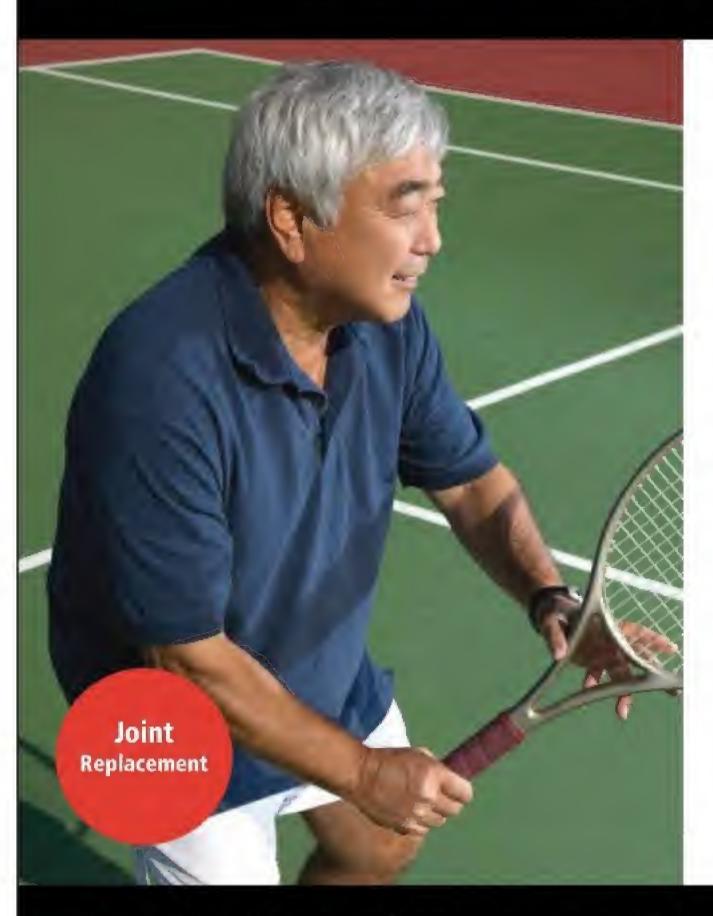




CONVENIENT UPPER WEST SIDE LOCATIONS

Top-Quality Orthopedic Care

Repairing Damage • Rebuilding Bodies • Restoring Motion



When you need expert orthopedic care close to home, turn to **St. Luke's and Roosevelt Hospitals** for treatment of all conditions that can affect your mobility. No matter what your orthopedic condition—from sprains, to torn ligaments, to herniated spinal discs, to severe arthritis requiring hip or knee replacement—St. Luke's and Roosevelt offer fellowship-trained experts in every orthopedic sub-specialty.

- Elbow and Shoulder
- Pediatric Orthopedics
- Foot and Ankle
- Podiatry
- Hand and Wrist
- Rehabilitation
- Joint Replacement
- Spine

Knee

Sports Medicine

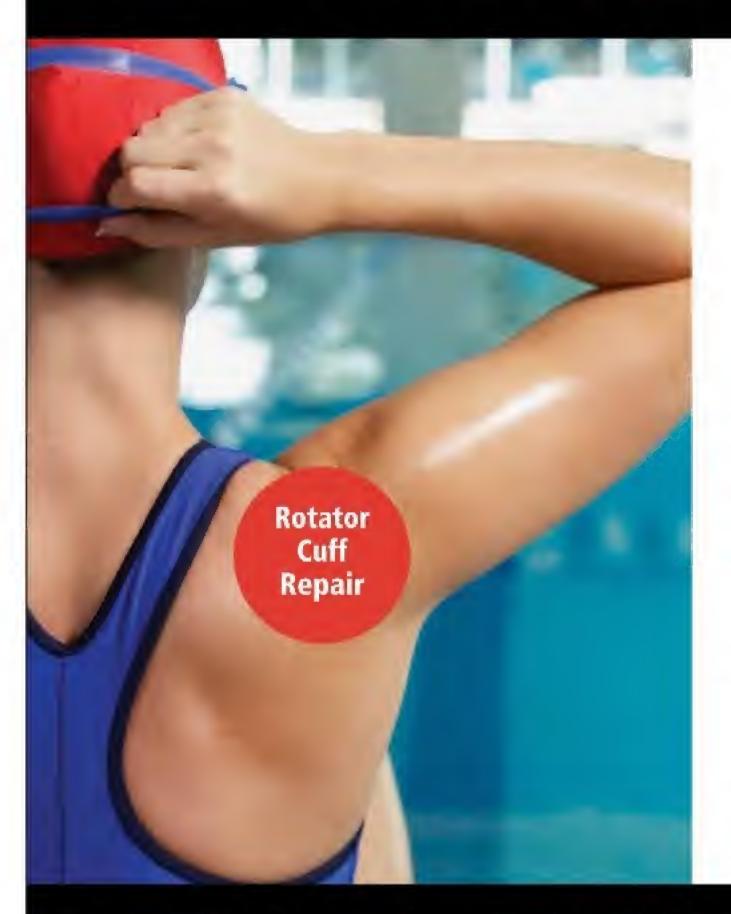


Continuum Health Partners, Inc.

CONVENIENT UPPER WEST SIDE LOCATIONS

Top-Quality Orthopedic Care

Repairing Damage • Rebuilding Bodies • Restoring Motion



When you need expert orthopedic care close to home, turn to **St. Luke's and Roosevelt Hospitals** for treatment of all conditions that can affect your mobility. No matter what your orthopedic condition—from sprains, to torn ligaments, to herniated spinal discs, to severe arthritis requiring hip or knee replacement—St. Luke's and Roosevelt offer fellowship-trained experts in every orthopedic sub-specialty.

- Elbow and Shoulder
- Pediatric Orthopedics
- Foot and Ankle
- Podiatry
- Hand and Wrist
- Rehabilitation
- Joint Replacement
- Spine

Knee

Sports Medicine



Continuum Health Partners, Inc.